LINE OF TREATMENT IN SIDDHA

PART - I

Department of Indian Medicine & Homoeopathy
Chennai - 600 106

specimen

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PART - I

A Translation of the Tamil Text
Noikalukku Siddha Parikaram
authored by

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FOREWORD

Tamilnadu has a rich tradition of many Arts and Sciences, of which Siddha System of Medicine, unique to Tamilnadu, has, for several centuries, been part of Tamil's lives and of the folk and traditional healing practices of rural Tamilnadu. It relies substantially on plant herbal based Medicines. Siddha System of Medicine has a distinctive approach to care specific ailments and also to build up immunity power of the person being treated against all diseases.

The widespread use of home remedies based on medicinal plants almost in all houses in rural Tamilnadu, reveals the importance of this System of Medicine and Treatment.

There has been an increasing important place for modern Allopathic System of Medicine in both the public and in the private segments of the Health System in Tamilnadu, over the last several decades.

Now the situation has changed and the whole world is now leaping towards the use of Traditional Indian Systems of Medicine after knowing the benefits of the treatment based on plant origin.

The Central and State Governments also now encouraging the overall development of the Siddha System of Medicine and the esoteric literatures of Siddha Medicine in Tamil are being translated and published in English so as to popularize the Siddha system outside Tamilnadu.

The Translation wing headed by **Dr. Anaivaari R. Anandan, Ph.D.** Special Officer (Translation) is engaged in Translating and Publishing the Siddha works in English. The Translation wing has so far translated the following Siddha texts from Tamil into English.

1. Siddha Principles of Social and Preventive Medicine
2. Siddha Toxicology
3. A compendium of Siddha Doctrine
4. Siddha Materia Medica (Animal & Mineral Section)
5. Principle of Diagnosis in Siddha.
6. Special Medicines in Siddha.
7. Anuboga Vaidya Navaneetham - Part - I
8. Anuboga Vaidya Navaneetham - Part - II
9. Pathartha Guna Cintamani
10. Theraiyar Maha Karisal

In this series, the text line of treatment in Siddha authored by Dr. M. Shanmugavelu, is published on which elaborates the diseases and Treatment in Siddha Medicine.

I appreciate all those who have engaged in this task and acknowledge the contributions made by the Translators and the Scrutinizers in preparing and publishing this work, in English.

I hope the work will be of more use, to all in the filed of Siddha Medicine.

Date : 07.05.2009 **G.A. Rajkumar**

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WEIGHTS AND MEASURES

DOMESTIC MEASURES

Measure	**Equivalents**	
1 drop	1/20 ml. (cc.)	1 m (minimum)
1 teaspoonful	5 ml.	1 fl. drachm.
1 dessetspoonful	8 ml.	2 fl. drachm.
1 tablespoonful	15 ml.	4 fl. drachm (1/2 ounce)
1 teacupful		7 fl. ounces
1 tumblerful		11 fl. ounces

Standard Abbreviations Weights & Measures.

1. Milligrammes ... ... mg.
2. Microgrammes ... ... mcg.
3. Grammes ... ... gm.
4. Cubic centimeters ... ... c.c. or ml.
5. Grains ... ... gr.

CONVERSION TABLES

FACTORS FOR CONVERTING ONE SCALE TO THE OTHER

To convert grammes into grains ...	x 15.432
To convert grammes into ounces, avoirdupois ...	x 0.03527
To convert Kilogrammes into pounds ...	x 2.2046
To convert grains into grammes ...	x 0.0648
To convert avoirdupois ounces into grammes ...	x 28.35
To convert troy ounces into grammes ...	x 31.104
To convert cubic centimeters into fluid ounces, Imperial	x 0.0352
To convert litres into fluid ounces, Imperial ...	x 35.2
To convert fluid ounces into cubic c. metres ...	x 28.41
To convert pints (Imperial) into litres ...	x 0.568
To convert gallons (Imperial) into litres ...	x 4.5436
To convert metres into inches ...	x 39.37
To convert inches into metres ...	x 0.0254

THE FOLLOWING TABLES GIVE METRIC EQUIVALENTS OF IMPERIAL MEASURES OF MASS AND CAPACITY

FRACTIONS OF A GRAIN

FROM 1 GRAIN TO 1/100 OF A GRAIN

Imperial		Metric.	Imperial		Metric.
gr. 1	...	0.065 gm.	gr. 1.60	...	0.00108 gm.
gr. ¾	...	0.049 gm.	gr. 1/64	...	0.001 gm.
gr. 2/3	...	0.043 gm.	gr. 1/70	...	0.00093 gm.
gr. ½	...	0.032 gm.	gr. 1/75	...	0.00086 gm.
gr. 1/3	...	0.022 gm.	gr. 1/80	...	0.00081 gm.
gr. ¼	...	0.016 gm.	gr. 1/96	...	0.00067 gm.
gr. 1/5	...	0.013 gm.	gr. 1/100	...	0.00065 gm.
gr. 1/6	...	0.011 gm.	gr. 1/120	...	0.00054 gm.
gr. 1/7	...	0.009 gm.	gr. 1/130	...	0.0005 gm.
gr. 1/8	...	0.008 gm.	gr. 1/150	...	0.00043 gm.
gr. 1/10	...	0.0065 gm.	gr. 1/180	...	0.00036 gm.
gr. 1/12	...	0.0054 gm.	gr. 1/200	...	0.00032 gm.
gr. 1/15	...	0.0043 gm.	gr. 1/240	...	0.00027 gm.
gr. 1/16	...	0.004 gm.	gr. 1/250	...	0.00026 gm.
gr. 1/20	...	0.0032 gm.	gr. 1/300	...	0.00022 gm.
gr. 1/24	...	0.0027 gm.	gr. 1/400	...	0.00016 gm.
gr. 1/25	...	0.0026 gm.	gr. 1/500	...	0.00013 gm.
gr. 1/30	...	0.0022 gm.	gr. 1/600	...	0.00011 gm.
gr. 1/32	...	0.002 gm.	gr. 1/640	...	0.0001 gm.
gr. 1/40	...	0.0016 gm.	gr. 1/750	...	0.00009 gm.
gr. 1/50	...	0.0013 gm.	gr. 1/1000	...	0.00006 gm.

MUTIPLES OF A GRAIN

FROM 1 GRAIN TO 1 OUNCE

Imperial		Metric.	Imperial		Metric.
gr. 1	...	0.065 gm.	gr. 12	...	0.778 gm.
gr. 1 ¼	...	0.081 gm.	gr. 15	...	0.972 gm.
gr. 1 1/3	...	0.086 gm.	gr. 18	...	1.166 gm.
gr. 1 ½	...	0.097 gm.	gr. 20	...	1.296 gm.
gr. 1 ¾	...	0.113 gm.	gr. 25	...	1.62 gm.
gr. 2	...	0.13 gm.	gr. 30	...	1.944 gm.
gr. 2 ¼	...	0.162 gm.	gr. 35	...	2.268 gm.
gr. 3	...	0.194 gm.	gr. 40	...	2.592 gm.
gr. 3 ¼	...	0.227 gm.	gr. 50	...	3.24 gm.
gr. 4	...	0.259 gm.	gr. 60	...	3.89 gm.
gr. 4 ¼	...	0.292 gm.	gr. 80	...	5.184 gm.
gr. 5	...	0.324 gm.	gr. 120	...	7.78 gm.
gr. 6	...	0.389 gm.	oz. 1/8	...	3.54 gm.
gr. 7	...	0.454 gm.	oz. ¼	...	7.08 gm.
gr. 8	...	0.518 gm.	gr. ½	...	14.17 gm.
gr. 8 ¾	...	0.567 gm.	dr. 4	...	15.55 gm.
gr. 9	...	0.583 gm.	oz. 1	...	28.35 gm.
gr. 10	...	0.648 gm.	dr. 8	...	31.1 gm.

FRACTIONS OF A FLUID OUNCE

FROM ONE-EIGHTH MINIM TO 1 FLUID OUNCE

Imperial		Metric.	Imperial		Metric.
min. 7/8	...	0.007 c.c.	min. 15	...	0.888 cc.
min. ¼	...	0.015 c.c	min. 20	...	1.184 c.c.
min. ½	...	0.03 c.c.	min. 25	...	1.479 c.c.
min. ¾	...	0.044 c.c.	min. 30	...	1.776 c.c.
min. 1	...	0.059 c.c.	min. 35	...	2.072 c.c.
min. 2	...	0.118 c.c.	min. 40	...	2.368 c.c.
min. 3	...	0.178 c.c.	min. 50	...	2.96 c.c.
min. 4	...	0.237 c.c.	min. 60	...	3.55 c.c.
min. 5	...	0.296 c.c.	min. 90	...	5.33 c.c.
min. 6	...	0.355 c.c.	min. 120	...	10.65 c.c.
min. 8	...	0.474 c.c.	min. 240	...	14.21 c.c.
min. 9	...	0.533 c.c.	min. 300	...	17.76 c.c.
min. 10	...	0.592 c.c	min. 360	...	21.31 c.c.
min. 12	...	0.71 c.c.	min. 480	...	28.42 c.c.

In Continental prescribing a smaller quantity than half a cubic centimetre is usually expressed in drops.

CONVERSION OF EXISTING WEIGHTS AND MEASURES INTO STANDARD MASS AND MEASURES

STANDARDS OF WEIGHT

1 grain	=	0.000064799	kilogram.
1 ounce	=	0.0283495	kilogram.
1 pound	=	0.4535924	kilogram.
1 cwt.	=	50.802	kilogram.
1 ton	=	1016.05	kilograms.
1 tola	=	0.0116638	kilogram.
1 seer	=	0.93310	kilogram.
1 maund	=	37.3242	kilograms.

STANDARDS OF LENGTH AND CAPACITY

1 inch	=	0.254	metre (exact)
1 foot	=	0.3048	metre (exact)
1 yard	=	0.9144	metre (exact)
1 mile	=	1609.344	metres (exact)
1 imperial gallon	=	4.54596	litre

LINE OF TREATMENT IN SIDDHA

(PART - I)

1. *SURAM* – PYREXIA

In general, while approaching a disease, whatever type it be, the etiology of internal and external causes should be thoroughly acquainted with. We have to give treatment only according to the affection of the three humours as to the affection is due to a single humour or mixed one.

First the increased state of principal humours should be neutralized. If constipation is there it should be relieved, or if vomiting or diarrhoea is there, it should be controlled. We should prevent the aggravation of the signs and symptoms. The locality, climate (weather) and the condition of the patient should also be taken into account with utmost care.

In fever, if indigestion or abdominal discomfort with flatus seems to cause pyrexia, it should be relieved first. To normalize the deranged three humours *(dhosa)* and the five elements, starvation, purgation and vomiting are good to be followed. If they fail to give better result, we have to prescribe direct medicines, such as decoction, powder *(chooranam)*, tablets, waxy medicine *(mezhugu)*, *parpam* (calyx preparation), *chendooram* (vermilia preparation), *chunnam*, *kalangu* (a kind of pill) and *kattu* (very consolidated compound).

These medicines should be given with suitable adjuvants. In order to cure the associated diseases and to reduce the swab, nasal application (*nasiyam* application in drop by drop), eye

ointments (collyrium), oils for external application, fomentation and fumigation should be administered.

Mukkuttra noi **(Delirium)**

Here, all the three humours and all the principal elements of the body except respiration *(Prahnan)* are deteriorated simultaneously. In this disease, the firmness of the body is damaged easily. So,the defected humours, and the defected principles are treated by higher medicine on eyes, nose and vertex, fomentation, poultice, fumigation and some medicinal oils for external application. Purgation and vomiting may be induced with appropriate drugs, if necessary.

"Starvation" treatment may be followed for 7 days, for *"Vatha* fever, 6 days for *"Azhal"* fever and 10 days for *'Kapha'* fever. Though it has been instructed that the 10 days starvation should be observed for *"Mukkuttra Noi"*, it should be according to the patient's condition, state and severity of the disease only.

Generally, the starvation should be followed for 3days in *"Vali"* fever. In *'Azhal'* fever, decoction and the liquid may be allowed in starvation. In *Kapha* fever, little quantity of gruel and medicines should be given.

Quotations from the proverbs

A physician's duty is not only to cure the diseases but also to guide and suggest for the easily digestible, minimum amount of food etc. appropriate to the diseased condition. These are all known from the quotations of Tamil proverbs. Complete starvation or taking food excessively increases the severity of the disease causing deterioration to the body. Until the patient get relief from fever, he should be advised to take only liquid food.

1. *Langanam parama oudatham.*
   (Starvation is the best medicine)

2. *Pattini peru marundhu*
   (Avoiding food is the best medicine)
3. *Uttra surathirkum uruthiyam vayuvirkum attre varumattum annathai kattathe.*
   (Need not give food for fever and gas trouble. Give only after symptoms subside.)
4. *Ciru unavu peru marundhu*
   (Taking small quantity of food is the best medicine).

What happen due to over starvation?

Over starvation depresses firmness of our body and causes dryness, lethargy, nausea, fatigue, sleepiness, giddiness, thirst, vomiting, cough, dysponea, hiccup and hyperpyrexia.

So, in fever with emaciation of the body, fever with already emaciated or already weakened body condition and in fever which is caused by desire or lust, anger, depression and fear or panic, the starvation should be totally avoided.

1. Method of observing starvation for 3 days

On the very first day when the fever starts, the patient should be in starvation. On the second day the patient should clean his teeth, tongue and gargle his mouth by warm water first, and then wash his face. Cover the patient's body and his head by a clear cloth and the patient be laid down by placing his arm underneath his head.

On the fourth day morning the patient should be given warm water to drink and the Strychnos potatorum (clearing nut) seed to taste and the patient should end his starvation. As per the references of our literature, this starvation procedure will certainly cure pyrexia.

2. Some medicines for the purgation

Sanjeevi tablet (for pediatrics), *attabairavam, vacchira kandi* tablet, healthy laxative pills (*sugaviresana* tablet),

seevarathina tablet, *lavangathi* tablet, *meganatha kuligai, Thalamboo* tablet, *kodachoori* tablet and *kandeepan* tablet, are the tablets which are used nowadays for purgation, in a dose of one or two tablets. But the dosage may be changed according to the age of the patients. In *'vali'* fever and in *'kapha'* fever constipation may be present. In that case, the purgatives can be used. In *"Azhal"* fever, there may be diarrhoea in which case purgative should not be given. We may give 'enema' if the patient's condition is appropriate for purgation.

3. Some medicines for vomiting

In *"Vali"* and *"Azhal"* related fevers, inducement of vomiting should not be done. In *'kapha'* fever, we may induce vomiting if the patient has phlegmatic expectoration. But the vomiting will be done only after knowing the patient's condition.

i. *Sanjeevi* tablet - It induces vomiting and purgation, if it is given rubbed with Euphorbia neriifolia juice (common milk hedge) or with Daemia extensa juice.

ii. *Gowri padana Parpam* (calyx preparation of yellow oxide of Arsenic).

iii. *Kadikara rasa Parpam* (calyx preparation of Silver nitrate, Mercury etc.,)

Any one of the above medicines should be given in the dose of 0.065gm. (1 grain weight) with honey. It gives one time vomiting and purgation and also expectorates the sputum. Fever will also be subsided.

vi. Mix little salt with 10 drops of 4 Moringa oleifera leaves juice (drumstick leaf juice). This mixture should be rubbed on the tongue. It gives vomiting and expels sputum.

v. White *kakkattan* tablet, *korosanai* powder (a concertation found in the intestine of a cow or an ox known as Bezoar-Bezoar orientale). One of the above also is given in optimal dose only one time for vomiting and purgation.

4. Fumigation

The fumigation gives some good results if it is followed in *kulir suram* (Fever with rigor), *nacchu surum* (fever, due to some intoxication), *kapha* fever, headache due to fluid accumulation and feeling of weightbody.

Take Vitex negundo leaves 4 fistful quantity, (five – leaved chaste tree) and Curcuma longa (Turmeric) - ¼ *palam* (7½ gram), pound them well and put them into a pot. Add enough water and reduce the amount from ¼ to 1/8 by heating. The decoction is collected in another vessel and once again it is heated. Then the burnt brick pieces are added with the decoction collected. Now the patient is advised to inhale the vapour coming out. During the fumigation patient should cover his body and the vessel contains the vaporous decoction by a blanket. This fumigation method induces the perspiration (hydrosis) and gives great relief.

The inhalation of the fume by the smouldering of a cloth, liquifies the sputum and causes to expectorate. This smouldering helps to get relieve from the tightness of the chest due to phlegmatic conditions.

5. Medicines for eye *(Kalikkam)*
(eye liniment or ophthalmic liniment)

The defected principle humours in the *'Kapha'* and *muppini* (Delirium) will be corrected by the ophthalmic and nasal applications of medicines. (Clove).

i. Soaked Eugenia caryophyllata which had been tied in a cloth in breast milk, is squeezed, and the extract juice will be applied on the eye.

ii. *Agatheesar kalikkam* tablet is rubbed with honey, or breast milk and it will be applied on the eye.

iii. Pure (sterile) neem oil may be applied on the eye.

iv. The soaked dried Ginger in breast milk is squeezed, and the extract will be applied on the eye.

v. Chebulic myrobalan (Terminalia chebula), Beleric myrobalan (Terminalia belerica) seeds, Rock salt (sodium chloride impura), Ferula asafoetida (Asafoetida), Dried ginger, pepper (Piper nigrum) and long pepper (Piper longum) are taken in equal quantity and they are grounded with cow's urine. Then they are made into pills form and dried. This pill may be rubbed with breast milk and could be applied on the eye as eye-salva.

6. Nasal drops (Nasiam)

i. Leucas aspera leave juice is used as nasal drops to cure *kulir suram* (fever with rigor), and *nadukku vatham* (parkinson's diseases).

ii. Nelumbium speciosum (sacred lotus) petal, tender leaves or young leaves of the Ocimum sanctum (holy basil), common table salt and pepper (Piper nigrum) are taken in equal amount. They are ground and then made into pills form.

After that they will be allowed to dry. This tablet should be soaked in the breast milk and squeezed into the nostrils. This nasal application is indicated for all kinds of fever, *unmatham* (frenzy state), *sanni* (delirium), and hoarseness of voice.

7. Which for Nasal fumigation (Nasal swab)

i. Piper longum (long pepper), Curcuma longa (Turmeric), Carum roxburghianum and Piper nigrum (pepper) are taken in equal quantity and ground well. This is

applied on a cloth and the cloth is rolled up. Then this cloth is soaked in the neem oil. This will be smouldered, and the smoke is to be inhaled by the patient. This smoke increases the nasal secretion and cures fever. It relieves headache.

8. Snuff

i. Oxystelma esculentum root, Solanum verbascifolium root, Citrus bergamia (a variety of wild lime) root, Bassia longifolia bark are taken in equal quantity and powdered well. Then the pounded matter is ground with Rhinacanthus communis flower juice, pepper decoction (a decoction preparation of Piper nigrum) and Citrus bergamia leaves juice for 8 days. Then they are dried and powdered well. This powder may be used as 'snuff'. This 'snuff' is indicated in *sanni vida baham,* and the nasal diseases.

ii. Porcelaneous shells (marine shell), purified, Piper nigrum (pepper) and Argyreia speciosa (Elephant creeper) are taken in equal amount and powdered well. This powder may be used as 'snuff' in the diseases of *sanni* (delirium), five types of convulsive disorders, headache, scorpion sting and syncope.

iii. Cynodon dactylon (Bermuda grass), Cleome viscosa leaves, Eugenia caryophyllata (clove) and egg of Formica smaragdina (Red ant egg) are taken in equal amount and powdered. This powder may be used as 'snuff' in all the *'Kapha' sanni* (delirium) diseases.

9. Poultice

i. Juice of Daemia extensa, Allium sativum (Garlic) seeds of Bambusa arundinacea, Bamboo salt (a medicinal salt found in Bamboo) and Potassium Nitrate salt (Nitrate of potash) are taken in equal amount and ground with water.

Then the ground matter is boiled and applied over the body in tolerable heat, as poultice.

This poultice is indicated in fever, numbness all over the body with pins and needles.

ii. *Neerkovai* pill is rubbed with breast milk and applied on the forehead. This application is to be dried by the Styrax benzoin (Benzoin gum) resin vapour. It is indicated for rhinitis, fever, headache and for nasal congestion.

iii. *Pacchai karpoora* (camphor) *chooranam* is taken and ground with breast milk.

This grounded matter is slightly heated and applied on the forehead. This application will be dried by the Styrax benzoin vapour. This also cures the diseases described above.

10. Bed rest

i. The bed sores should be prevented in bed-ridden persons due to chronic fever.

ii. Silk cotton bed is very better. Mat which is made from Phoenix sylvestris leaves is also good.

11. *Visiri* - Hand fan.

Using hand fans made of peacock feathers, palm leaves, cuscus grass (Vettiveria zizanoides) is also good.

12. Blanket

Wool fabrics are good.

1. Other medicaments (perspirations)

Eye liniment or ophthalmic application, pepper (Piper nigrum), long pepper (Piper longum), Canjanus indicus seeds (Dholl), Anacyclus pyrethrum, (pellitory of spain) and Elettaria cardamomum seeds are taken in equal amount and ground with Piper betle (Betal leaves) juice and honey

individually. Then make them into pills (long pills) and allow to dry. This pills will be rubbed with breast milk and applied on the eye. It cures headache, throbbing pain of the headache, *Kaphala sanni* (delirium) and hyperpyrexia.

2. Snuff

Take Solanum verbascifolium root, Leucas aspera root and the grounded matter of Bassia longifolia seeds, in equal amount The first two roots are dried first and then powdered The grounded matter of the Bassia longifolia seeds are burnt first. Then it is powdered and filtered. Then it is mixed with the powder prepared above. Then the mixture is kept in the tube like hollow container. This powder will be used as 'snuff' in optimal dose. It is indicated for diseases, of the head. (*Thodam* affects the head).

3. Application for headache in fever

Take Styrax Benzoin (Benzion powder- resin), Curcuma aromatica (Yellow Zedoary, wild turmeric), dried ginger, Ferula asafoetida, and Phaseolus roxburghi (Black gram) in each amount of ½ *varagan* (1 *varagan* – 4.2 gm.) opium (Papaver somniferum) concrete milky latex or exudation obtained by increasing the unripe seed capsules in amount ¼ *varagan*. All are ground with breast milk and applied on the affected areas like forehead, cheek, neck and etc.

These applications relieve burning fever and headache.

4. Poultice on the head and forehead in the diseases of fever, headache, *sanni* (delirium), *sala thodam*.

Take Peucedanum graveolens, Styrax benzoin (Benzoin resin), Curcuma longa (Turmeric) and Nigella sativa (Black cumin seeds) in equal amount and powdered. Then they are ground with Vitex negundo juice and heated well, until it gets the semisolid state *(kuzhambu)*.

This may be applied on head and forehead.

1. Some single medicines for *'Thaaba' Suram.*

Purified Castor seeds, Cyperus rotundus (nut grass), Mollugo cerviana, Anacardium occidentale (Cashew nut), Phoenix dactilifera (dates), Leaves of the Bambusa arundinaceae (Bamboo Leaves), Earth worm, Breast milk, Tender coconut water, Rubia cordifolia root, Picrorrhiza kurroa, Santalum album, purified yellow arsenic, silver, Coriandrum sativum, Zingiber officinalis, Hedysarum alhagi (camel's thorn), Trichosanthes cucumerina, *Dasamula,* Costus speciosus (costus root), Wrightia tinctoria, Nymphaea (white water lily), Ficus religiosa bark (the pipal tree bark), purified Ox's bile *(korosanam)*, Glycyrrhiza glabra (liquorice) Pavonia zeylanica root, Bassia longifolia flower, Vernonia cinerea, Oxalis corniculata (The Indian sorrel), Plumbago zeylanica, Hemidesmus indicus, Piper nigrum root (pepper root), Piper longum (long pepper), Adathoda vasica, Cucurbita maxima (Red ground), sugar, Clerodendrum serratum, Azadirachta indica, Sansevieria roxburghiana, Alpinia galanga (Greater galangal), Cocus vettiveroides (Cuscus grass), Vettiveria zizanioides, Terminalia belerica, Terminalia chebula (Chebulic myrobalan), Dried Phyllanthus emblica, Cocculus cordifolia, Asparagus racemosus, Elaeocarpus lanceolates (tuberculatus) and the Sida acuta root are the drugs used in the treatment of *'Thaaba' suram.*

2. Some other single medicines used for *'seetha' suram.*

Sida acuta root, Pavonia odorata, Coscinium fenestratum (Tree turmeric), *Thrikadugu* (combination of dried ginger, pepper and long pepper), Allium cepa (onion), Evolvulus als*inoi*des, Root of Citrus bergenia, Flacourtia cataphracta (many spiked flacortia), immature fruits of Terminalia chebula (chebulic myrobalan), Vitex negundo leaves, *ottarai,* Ocimum sanctum (Holy basil), Boerhaavia diffusa (punarnava), Bark of Cinnamomum zeylanicum (cinnamom bark),Cinnamomum

tamala, Cuminum cyminum (cumin seeds), Sterculia foetida (poon tree) bark, Clerodendrum serratum (Barbara) and riped yellow leaves of Ficus bengalensis (banyan tree) are the plants used in *'seetha' suram* (fever due to phlegmatic conditions).

Decoction

i. Decoction for *'Vatha suram'*

Take a variety of greater camels thorn (Hedysarum alhagi) root, root of Piper longum (Long pepper), Azima tetracantha root, Enicostema littorale, Andrographis paniculata *(chiretta)*, Moringa oleifera seeds, root of Caesalpinia bonducella (molucca bean) Solanum xanthocarpum, Alpinia galanga (Lesser galangal), Crataeva religiosa (three leaved caper root) Alpinia galanga (Greater galangal), variety of lesser camel's thorn (Hedysarum alhagi), Peucedanun graveolens (Dill), Evolvulus alsinoides, Clerodendron serratum, dried ginger, (Zingiber officinalis), Piper longum (Long pepper), root of piper nigrum (pepper) and Costus speciosus in each 35gm (1 palam) and pound them well. Divide the pounded matter into 21 parts. Take one part of the matter and add 4 litres of water, allow the preparation to soak for a day. Then it is boiled until it reduces into 1/8 part, rubbed *korasanai* tablet with decoction or using the decoction as an adjuvant with *parpam*, *Chendooram*, preparations or the decoction mixed with honey, sugarcandy are used for the *pitha suram* twice a day.

3. Decoction for *kapha suram*

Take dried ginger (Zingiber officinalis), clove, (Eugenia caryophyllata), lesser variety of camel's thorn (Hedysarum alhagi) root, Astercantha longifolia root, Terminalia chebula (Chebulic myrobalan), outer skin of the fruits. Adathoda vasica (Malabar nut), Coleus aromaticus (country borage), Saussurea lappa (Costus), Tinospora cordifolia (Heart leaved moon seed), Clerodendron serratum, Andrographis paniculata (chiretta), root of Sida acuta and cyperus rotundus (nut grass)

each 35 gm and pound them well. Divide the pounded matter into 15 parts.

Take one part and soak the part in 4 liters of water for a day. Then boil it till it reduces into 1/8 part. It may be used as adjuvant for *parpam*, *chendooram* preparations in the dose of 1/8 liter. Or the *korosonai* tablet, *santhirothaya* tablet and *Emachanda* tablet are rubbed with this decoction preparation and be given for *'Kapha veppu'* disorder. The decoction may be given with honey and sugarcandy. Dose 1/8 litre two times in a day.

4. *Nilavembu* Decoction

Take Andrographis paniculata (chiretta), Andropogon muricatus (khus khus grass), Vettiveria zizanoides, Santalum album (White sandal wood tree) powder, (Cyperus rotundus-nut grass), dried Gringer (Zingiber officinalis), Piper nigrum (pepper) and Mollugo cerviana (fever plant) each ¼ *palam* and pound them well. Then add enough water and prepare decotion as per the method described above.

The decoction is indicated for all kinds of fever in the dose of 2-4 ounces with honey, palm jaggery and or sugarcandy. Specifically, it is indicated for fever due to intoxication, and for periodic fevers.

It may be given an adjuvant with concerned tablet, *parpam*, *chendooram* and some kinds of *"kattu"*.

5. Vitex negundo – Decoction (Five Leaved chaste tree)

Take handful of Vitex negundo tender leaves, Piper nigrum (Pepper) -¼ *palam*, Allium sativum garlic – 3¾ gram and Piper betel-10 (numbers) betel leaves and pound them well. Prepare decoction as per procedure. It is indicated for the fever with rigor, fever due to intoxication, intermittent fever and headache.

Dose: 2-4 ounce.

6. Adathoda vasika (Malabar nut) –Decoction

Take Adathoda vasika leaves – 4 or 5 in numbers, and cut them to pieces. Add some honey and cook them. Take Glycyrrhiza glabra (Indian Liquorice), Flacourtia cataphracta (spiked flacortia), Piper longum (Long pepper) and lesser variety of Alpinia galanga, mix them with the cooked matter prepared above and prescribe for fever, cough, nasal, catarrh, headache, asthma and dyspepsia in the dose of 2-4 ounces. It is good if the decoction is mixed with honey and sugarcandy.

Also this decoction may be used as an adjuvant with concerned pills, *parpam*, *chendooram* and *'kattu'*.

7. Adathoda vasika Decoction – 2

Take Adathoda vasika leaves 4 or 5 in numbers, and cut them into pieces. Cook them well by adding honey. Take Eletteria cardomomum (Cardomom) and Piper Cubeba (Tail pepper) in each amount of ¼ varagan (4.2gm), Terminalia chebula, outer fruit skin (outer skin of the chebula myrobalan fruit), Picrorrhiza kurroa (Katuku rogini) and Flacourtia cataphracta (spiked flacortia) in equal amount of 7/2gm. Mix them well with the cooked matter prepared above, then pound them well. Prepare decoction as per procedure. This decoction is indicated in oliguria, constipation, fever and for all diseases indicated for Adathoda vasica decoction – 1.

Honey and sugarcandy may also be given with the decoction. This decoction may be given as an adjuvant with other concerned pills, *parpam*, *chendooram* and *'kattu'*.

8. 'Premna tomentosa' decoction for fever with splenomegaly

Take Premna tomentosa leaves 4 or 5 in numbers, yellow Terminalia chebula fruit outer skin. (outer skin of the yellow Chebulic myrobalan fruits) – one and Curcuma longa-

½ *varagan* (1 *varagan* – 4.2gm.) pound them well. Prepare decoction as per the decoction procedure. This decoction is specifically indicated for fever with (or due to) splenomegaly.

Dose: 2 to 4 ounce – two times a day with honey and sugarcandy.

9. Decoction for all kinds of fever *(sarva suram)*

Take Clerodendron serratum, Mollugo cerviana, Cedrus deodara (Himalayan cedar), Hemidesmus indicus (Indian Sarsaparilla), Tinospora cordifolia, Saussurea lappa (costus, root), dried ginger (Zingiber officinalis), Trichosanthes cucumerina (wild snake gourd), Hedysarum alhagi (camel's thorn) and Cyperus rotundus (nut grass) each ¼ palam and pound them well. Put the pounded matter in a new pot and add 2 liters of water. Then boil them till it reduces to ¼ part. This decoction is then filtered. It is indicated for all types of fever. Dose- 2 to 4 ounce for three days.This decoction is also used as adjuvant with the concerned tablet, *parpam*, *chendooram* and *kattu* for fever.

10. Decoction for fever (Ref. Kannusamiyam)

Take Piper nigrum, (pepper), Andrographis paniculata (Chiretta) and Curcuma longa (Turmeric) each 3 *kazhanju* (1 *kazhanju* - 5.1gm.) and pound them well. Add ½ litre water and heat them well until it reduces into half the quantity and then filter it.

This cures any type of fever. Dose: 4 ounce – 2 times a day (morning and evening).

This may be used as an adjuvant with concerned pill, *parpam*, *chendooram* and *kattu* for *suram*.

11. Decoction for *suram* (fever)

Take Alstonia scholaris (Dita-bark), Adathoda vasika (malabar nut), white catechu (Uncaria gambier), seeds of Vetpalai (Wrightia tinctoria), Tinospora cordifolia, Acorus calamus (sweet flag), Cyperus rotundus (nut grass) and Trichosanthes cucumerina (wild snake ground) each of 1 *palam* and cut them into pieces. Add 2 litres of water, and boil it. This decoction is indicated for *Vatha, pitha, kapha, mukkuttra* fevers. Dose: 2-4 ounces – 3 times a day. This decoction may be used as an adjuvant with tablets, *parpam, chendooram* and *kattu* which are prescribed for fever.

12. Decoction for the "Tongue dryness" (Thirsty) (decoction for dryness of the tongue seen in fevers, *muppini*)

Take burnt Achyranthes aspera (Ash) (Rough Chaff), burnt ash of Musa sapientum dried leaves, (Plantain Leaves) and fried and burnt earth warm in each, amount of 1 palam. 2 litres of water and boil them until it reduces into half amount, then filter it. This decoction is indicated for thirst, hiccup, dryness of the tongue, roughening of the tongue and for the fissured tongue. This decoction may be given with the concerned tablet (rubbed with decoction), *parpam, chendooram* and *Kattu.*

Dose : 1 ounce.

13. *"Pancha mooli"* (Five medicinal plants) decoction for splenomegaly with fever.

Take Andrographis paniculata (chiretta), Picrorrhiza kurroa, Mollugo cerviana, Cyperus rotundus (nut grass) and Tinospora cordifolia, each of ¼ palam and cut them into pieces. Add 4 litre of water and boil them until it reduces into ¼ part and then filter them.

This decoction is indicated for all the types of fever. Dose 2 to 4 ounces, 2 times a day. Patient should eat "Lactus porridge" only in the time of febrile. In non-febrile conditions, he can take this decoction, and easily digestible food.

The patient should take 5 to 7 drops of *Sanga Thiravagam* (an acid obtained by distilling a mixture of Iron sulphate, Rock Salt, Alum, Nitrate in proper proportions with the aid of a still and then filtered) with this decoction and water if the patient has severe fever with splenomegaly. This should be given 2 times a day. The tablets, *'Kattu'* medicine are also given, rubbed with the decoction, and the *parpam* and *chendooram* are taken mixed with the decoction.

14. Decoction for *'Pitha'* fever

Take dried ginger (Zingiber officinalis), Glycyrrhiza glabra (Indian liquorice), Pimpinella anisum (Anise seeds), fennel), Hemidesmus indicus (Indian Sarsaparilla), root of Aegle marmelos (Bael root), Tribulus terrestris (small *calotropis*), Bassia longifolia flower, river sand, Dried *Emblica* fruits (Emblica officinalis), outer shell of the Feronia elephantum fruits, (wood-apple), fried paddy, Vetiveria zizanioides root (*khus –khus* root) and Vitis vinifera fruits (grapes) each of ½ palam and pound them well. Add 4 litre of water and boil them until it reduces into ¼ part and then filter it. This decoction is indicated for all kinds of *pitha* fever. Dose:2 to 4 ounce.

This may be given as an adjuvant with tablets, *parpam*, *chendooram* and *kattu* indicated for fever.

15. Decoction for fever (Ref. Sikitcharathina Deepam).

Take Andrographis paniculata (chiretta), Cyperus rotundus (nut grass), Picrorrhiza kurroa, Mollugo cerviana, Tinospora cordifolia and the Azadirachta indica bark (Neem tree bark) in each, 1 tola. (0.0116638 kg) and pound them well. Add

1 litre water and allow the pounded matter to soak for 2 hours. Then boil until it reduces into ¼ part, and filter them. Divide the decoction into 2 parts and give a part of the decoction once in six hours. It cures fever with rigor as an adjuvant with concerned tablet, *parpam*, *chendooram* and *'kattu'*.

16. Decoction for fever (Ref. Sikitcharathina Deepam)

Take a rib of Achyranthus aspera leaf (rough chaff tree) root of the Mucuna pruriens (common cowitch), Tinospora cordifolia, Mollugo cerviana, rib of the Vitex negundo leaf (Five-leaved chaste tree), root of the Pavonia odorata, root of the Pavonia zeylanica and outer skin of the Terminalia chebula fruits (chebulic myrobalan) each of ¼ *palam* and pound them well. Add 2 litre of water and allow the pounded matter to soak for 2 hours. Then boil them until it reduces into ¼ part and filter them. It is indicated for all kinds of chronic fevers.

Dose: 250 ml. 2 times in a day.

Medicament should be given for 3 days.

Note:

If the patient has fever with diarrhoea, avoid the Chebulic myrobalan fruits outer skin in the preparation. This decoction may be given as an adjuvant with some other tablets, *parpam*, *chendooram* and *kattu* which are also given for fever.

17. Decoction for fever (Ref. Sikitcharathina Deepam)

Take the root of Mucuna pruriens (common cowitch palnt) root of Aegle marmelos (Bael fruit), root of Andropogon muricatus (cuscus grass), root of Tribulus terrestris (small caltrops), root of Hemidesmus indicus (Indian Sarsaparilla), Glycyrrhiza glabra (Indian liquorice), Pimpinella anisum (sweet fennel), fried paddy, Vitis vinifera (grapes), Bassia longifolia flower and dried ginger (Zingiber officinalis) in

each, amount of 2 *varagan* (4.2 gm. – *varagan*) and pound them well. Add 2 litres of water and allow the pounded matter to soak for 2 hours. Then boil them until it reduces into ¼ part and filter them.

It cures fever with rigor, dryness of tongue, and increased phlegmatic and bilious conditions.

Dose: 2 times a day for 3 days.

18. Decoction for "Vatha fever"

(Ref. Sikitcharathina Deepam)

Take Spheranthus indicus flower (East Indian globe thistle), Caesalpinia bonducella nut (Bonduc-nut), Ocimum sanctum root (holy basil) each of ¼ *palam* and dried ginger (Zingiber officinalis) 4 *varagan* (1 *varagan* 4.2 gm.). Collect them and cut into pieces.

Add ½ litre of water and allow the cut materials to soak for 2 hours. Then boil them until it reduces into 1/8 part and filter the decoction. It cures fever, body tenderness, numbness, rigor, painful leg, and leg muscular cramps. This decoction should be taken 2 times a day for 3 days.

19. Decoction for fever

(Another reference from Sikitcharathina Deepam)

Take dried ginger (Zingiber officinalis), Piper nigrum (Pepper), Calamus viminalis, smilax chinensis (china root), Embelia ribes and Picrorrhiza kurroa each of 1 *tola* (0.0116638 kg.) and cut them into pieces. Add 1 litre water and allow the cut materials to soak for 2 hours. Then boil them until it reduces into 1/8 part and filter them. This decoction is also indicated for the diseases, said above.

Dose: 65ml. For two times in a day.

Medicament should be continued for 3 days.

20. Decoction for bilious fever *(Pitha suram)*

(Ref. Sikitcharathina Deepam)

Take Trichosanthes cucumerina (wild snake gourd), Eugenia caryophyllata (clove), dried ginger (Zingiber officinalis), Cyperus rotundus (nut grass), Andrographis paniculata (chiretta) and Coriandrum sativum (coriander seeds) each of 1 tola (0.0116638 kg.) and cut them into pieces. Add 1 litre water and allow the cut materials to soak for a while. Then boil them until it reduces into ¼ part and filter them.

This decoction is given for the *pitha suram* (bilious fever) two times a day for 3 days.

21. *Ushna sura* decoction: (Decoction for Hyperpyrexia)

(Ref. Sikitcharathina Deepam)

Take Hemidesmus indicus (Indian sarsaparilla root, Smilax chinensis (china root) dried Ginger (Zingiber officinalis), Nelumbium speciosum flower (The sacred lotus flowers), Cuminum cyminum (cumin seeds) and Pimpenella anisum (sweer fennel) each, amount of 1 tola and fry them well. Then mix them and pound well. Add 1 litre of water and boil them until it reduces into ¼ part and filter them. This decoction preparation is given for 'Ushna suram' 2 times a day and the treatment should be continued for 3-7 days.

22. Decoction for all types of fevers

(Another reference from Skitcharathina Deepam)

Take dried ginger (Zingiber officinalis), Piper nigrum (pepper), Piper longum (Long pepper), Cuminum cyminum (cumin seeds), Glycyrrhiza glabra (Indian liquorice), Wrightia tinctoria seeds, Trichosanthes cucumerina (wild snake gourd), Cyperus rotundus (nut grass), Andropogan muricatus (cuscus grass), Santalum album powder (sandal powder), a variety of Chrysanthemum indicum flower Alpinia officinarum (lesser

galangal), greater variety of Alpinia galanga (greater galangal), root of the Mucuna puriens, Lavendula steochas (Stoecados – Usthakudus) common cowitch, Solanum xanthocarpum root each of 1 varagan (4.2 gm.) and cut materials to soak for 2 hours. Then boil them until it reduces into 1/8 part and filter them. This decoction is indicated for intermittent fever, fever with rigor and for periodic fever. Dose: 125ml. 2 times a day, for 3 days.

23. Decoction for fever with constipation
(Another Ref. From Skitcharathina Deepam)

Add Ipomoea turpethum (Turpeth root) root, Embelia ribes, Picrorrhiza kurroa with the mixture (dried ginger, pepper, long pepper, cumin seeds, Indian liquorice, Wrightia tinctoria seeds, Trichosanthes cucumerina, Cyperus rotundus, Andropogan muricatus, Santalum album powder, a variety of Chrysanthemum indicum flower, lesser variety of Alpinia galanga. Greater variety of Alpinia galanga, root of the Mucuna pruriens, Lavendula steochas, Violo odorata and Solanum xanthocarpum each of ½ to 1 *varagan* (4.2 gm.) and pound them well. Prepare decoction as per the procedure.

This preparation should be given in morning and evening times until the constipation relieves. Later only the mixture should be used for the decoction preparation and this decoction will be given for fever due to phlegmatic conditions.

24. Decoction for the fever (Another preparation from (Sikitcharathina Deepam for fever with constipation)

Collect the plant materials, which are all used in the preparation No.22. Add Rosa damascena (Rese) young flower and Cassia lanceolata (Tinnevelly or Indian senna) each of 1 *varagan* (4.2 gm.). Add adequate amount of water and prepare decoction as per the procedure. It relives constipation;

additionally with the decoction prepared from the materials other than Rosa damascena flower, Cassia lanceolata (Tinnevelly or Indian senna) should be given. This decoction is especially given for fevers in non phlegmatic conditions.

25. Decoction for *Kapha suram*: (Another preparation from Sikitcharathina Deepam).

Take Alangium lamarchil powder (sage – leaved alangium), Mollugo cerviana, Cyperus rotundus (nut grass), Andropogan muricatus (cuscus grass), Vetiveria zizanoides root and dried ginger (Zingiber officinalis) each of 1 *tola* and cut them into pieces. Add 1 litre water and soak the cut materials for 2 hours. Then boil them until it reduces into 1/8 part and filter them. This decoction is specially given for '*Kapha* fever'. This decoction may also be given with concerned tablet, *parpam*, *chendooram* and *kattu* as an adjuvant.

26. Decoction for 'fever'

(Ref. From Sikitcharathna Deepam)

Fever with oedema of the upper and lower limbs and constipation.

Take Nigella sativa (Balck cumin seeds) and fry them till it attains gold colour. Take Piper nigrum (pepper) and Eclipta alba. Mix and pulverize the materials collected above. Then add 1 litre water, cut dried ginger (Zingiber officinalis), lesser variety of Alpinia galanga (lesser galanga) and outer skin of the Termanalia chebula fruits (Chebulic myrobalan), each of ½ *palam*. Then boil them until it reduces into 1/8 and filter them. The filtered decoction is now divided into two parts and the divided part will be given in morning and evening. It induces the purgation or free evacuation of the faecal matter. If constipation is still not relieved even after giving the above decoction, add two teaspoonful of fried

Borax powder (sodium borate, Borex tyndal) with the collected materials while preparing the decoction next time. It gives free flowing of urine and thereby it relieves oedema.

Note:

Venkara Chunnam seems to be better than the fried Borex tyndal for the addition in above preparations. (Venkara *Chunnam* process should be referred from our Siddha Research pharmacopoeia).

27. Decoction for 'Thontha suram'

(Sikitcharathina Deepam reference.)

Take Adathoda vasica root (malabar nut), Andrographis paniculata (chiretta), Tinospora cordifolia, Mollugo cerviana, root of Solanum xanthocarpum, dried ginger (Zingiber officinalis), Trichosanthes cucumerina (wild snake gourd), Eletteria cardamomum (cardamom) and the root of the, Tephrosia spinosa (Galegaspinosa) each of ¼ *palam* and Vitis vinifera fruits 10 numbers. Pound them well. Add 1 litre water and boil them until it reduces into 1/8 part and filter them. This decoction is indicated for fever, cough, splenomegaly and hiccup.

Dose: 125ml in morning and evening time. If either the spleen enlargement is more or the fever is very chronic, the Clerodendron serratum (Barbara) should be added. We can add fried paddy if constipation coincides.

28. Decoction for fever

(Another reference from Sikitcharathina Deepam)

Take Andrographis paniculata (chiretta), and lesser variety of Alpinia galanga (lesser galangal) each of ½ *palam* and mix them well. Add 1 litre water and allow the pounded materials to soak for 2 hours. Boil them till it reduces into ¼ part, and filter them. Then divide the filtered decoction into six parts. Now the patient is advised to take a part once in 6

hours. The medicament should be continued for 3 days. It cures periodic fever, and fever with rigor. It is useful for both paediatric and geriatric treatment.

Also it is useful for pregnant women.

29. Decoction for fever in pregnant women
(Ref. Sikitcharathina Deepam)

Take a variety of Andrographis paniculata (chiretta), Glycyrrhiza glabra (Indian Liquorice), Santalum album powder, Cyperus roundus (nut grass), Adathoda vasica (malabar nut), Tinospora cordifolia, Evolvulus alsinoides, Lavendula steochas (saoecados - usthakudus – unani medicine) and Chrysanthemum indicum flower (chamomile flower) each of 35gm. Pound them well. Add 1 litre of water and allow them to soak for 2 hours. Then boil them until it reduces into ¼ part and filter them. This is given 2 times a day for 3 days. This cures fever, especially given for pregnant women.

30. Decoction for fever (Another preparation for fever with thirsty) (Ref. Sikitcharathina Deepam)

Take Cyperus rotundus (nut grass), Anacyclus pyrethrum (Pellitory root), Glycyrrhiza glabra (Indian liquorice), Saussurea lappa (costus), Eletteria cardamomum (cardamom), Eugenia caryophyllata (clove), Plumbago zeylanica (Ceylon lead wort), dried ginger (Zingiber officinalis), Piper nigrum (pepper), Piper longum (long pepper), outer skin of the Termenilia chebula fruits (chebulic myrobalan), dried fruits of Emblica officinalis, seeds of Wrightia tinctoria, Cuminum cyminum (cumin seeds), and Nigella sativa (Black cumin seeds) each of 87½ gm. First the pepper is fried. The cumin seeds and the black cumin seeds are added and allowed to burst by heat. Then add 2 litres of water and add the other portion of raw drug materials.Boil them until reduces into 1/8 part and filter them. This decoction should be given 3 times a day for 3 days.

It cures 64 types of fevers, seven types of *'Thosha'* and thirst.

31. Decoction for Dryness of the tongue during fever with rigor (Ref. part2. Brahma Ragasiyam)

Take Root of the Sida acuta, Acorus calamus (sweet flag), Andrographis paniculata (chiretta), Piper nigrum (pepper) and Earth insect each of 8 gm. Then burn them well by heat. Add Nigella sativa (Black cumin seeds) and Carum roxburghianum (Ajowan seeds) each of 8 gm, then fry them well. Take 1 litre water and mix with the above preparation and boil them until it reduces into ¼ part and filter them. This will be divided into two parts and each part will be taken morning and evening times. It cures the tongue dryness in fever with rigor.

32. Decoction for *vatha suram* (Ref. part – 2. Brahma Ragasiyam)

Take the root of the Sida acuta (Pranjirika), Berberis aristata (Tree turmeric), Pavonia odorata (Malabar root), dried ginger (Zingiber officinalis), Piper nigrum (pepper), Piper longum (long pepper), outer skin of the Terminalia chebula fruits (Chebulic myrobalan), Allium sativum (Garlic), Evolvulus alsinoides (Vishnu kranta) root of the Boerhaavia diffusa (spreading hog- weed), Vitex negundo leaves, Ocimum album (sukila Tulasi), Ocimum sanctum (Holy Basil), root of the variety of the Citrus bergamia leaves of the variety of the Citrus Bargmia and Clerodendrum serratum each of 35gm and pound them well. Add 10 *pakkapadi* (1 *pakka padi* = 1½ lit) 15 lit water and allow the pounded marter to soak for 2 hours.

Then boil them until it reduces into ¼ part and filter them. This decoction is given in optimum dose, 2 times or three times a day. It cures *"Vatha"*. This decoction may also be used for *'vatha'* fever, as an adjuvant.

33. *Vatha sura* decoction

(Another preparation Ref. from part- 4. Brahma Ragasiyam).

Take root of the Pavetta indica (Pappana) root of the Pavonia zeylanica (Bala). Carum roxburghianun (Ajowan seeds), and Daemia extensa root (Phala- kantak) in equal amount of 35grm and pound them well. Add 2 litres of water and boil them until it reduces into ¼ part then filter them.

This decoction is indicated for the *'vatha suram'* in the dose of 4 ounces, two times in a day mixed with honey. This should be continued for 3 to 5 days.

34. '*Pitha sura* decoction' (Another preparation)

Ref. From Bhrama Ragasiyam – part – 4

Take Trichosanthes cucumerina (wild snake gourd), Saussurea lappa, Costus, Coriandrum sativum (coriander seeds), dried ginger (zingiber officinalis), the root of Aegle marmelos (Bael tree root) in equal amount of 35gm Molluga cervians 87½ gm. Pound them well. Add 3 liters of water and boil them until it reduces into 1/8 part then filter them. This decoction is indicated for *'pitha suram'* in the dose of 100ml two times a day. Medicament should be continued for 5 days. The decoction may be given with little honey.

35. Decoction for *'Kapha suram'* (Another Preparation referred from part-4, *Brahma Ragasiyam*)

Take Ginger – 87½ gm (Zingiber officinalis), Vitis quadrangularis (Asthisamhari) – 35gm, root of the Solanum xanthocarpum, - 17½ gm, lesser variety of Alpinia galanga (lesser galangal), dried ginger (Zingiber officinalis), Mucuna prurieons (cowitch plant) root, root of the Curcuma zedoaria (round zedoary) Sida acuta and Allium sativum (garlic) each of ½ palam and root of the Aegle marmelos 2 *palam,* then pound them well. Add 3 litres of water and boil them until it reduces into 1/8 part and filter them. It is indicated for thirst,

vomiting, syncope and fever, in the dose of 120 ml, two times a day. Medicament should be continued for 3 to 5 days.

36. Treatment for fever simply due to vatha and pitha
(Ref. Ayurveda manjari)

i. Take dried ginger (Zingiber officinalis), pepper (Piper nigrum) and lesser variety of Alpinia galanga (lesser galangal), pound them well. Prepare decoction as per procedure.

This decoction may be given with little amount of jaggery.

ii. Boil the water and add little amount of pepper powder (Piper nigrum). Keep the vessel closed for 5 minutes. Then filter them. This decoction should be taken with jaggery.

iii. Take ginger (Zingiber officinalis), Ocimum sanctum (holy basil) and grind them well until it gets *'Mezhugu'* (like wax) *patham.*

Then mix the ground matter with water and put them into a pot. Boil them until it loses its liquidity. This will be taken morning and evening times mixed with honey.

Note :

According to our treatmental aspect the patient should not be given the food in febrile condition. He may be given liquid foods like rice conjee, barley conjee, wheat conjee and punalbaga conjee (extract of any grain boiled twice instead of once generally prescribed for convalescent patients).

Kapha vatha decoction is very useful in fevers due to broncho pneumonia, influenza and malaria which are described in modern medicine.

37. Decoction for *'Kapha vatha suram'*

i. Take a variety of Andrographis paniculata (chiretta) Mollugo cerviana (phanya), Clerodendrum serratum Kandu parangi root of the long pepper (Chavica roxburghii,

Piper longum), Glycyrrhiza glabra (Indian liquorice), Anacyclus pyrethrum (pellitory root), Berberis aristata (Tree-turmeric), Andropogan muricatus (khus khus) root, lesser variety of Alpinia galanga (Greater galangal), Trichosanthes cucumerina (wild snake gourd) Vitis vinifera (grapes), Solanum trilobatum (Alarka- sans) root, Cyperus rotundus (nut grass), Santalum album, (Sandal powder) and variety of Chrysanthemum indicum (chamomile flower) each of ½ *palam* and pound them well.

ii. Take also Helianthus annus (Sun flower), Evolvulus alsinoides (Vishnu Kranthi) a variety of Ocimum sanctum *(Nila – tulasi)*, black variety of Ocimum sanctum (Holy Basil – Black), Coleus aromaticus (country Borage), Ocimum album, *(surasam – Nalla tulasi)*, Adathoda vasica leaves (leaves of malabaranut), yellow variety of Eclipta alba (yellow Bhringaraj), Mukia scabrella (*musumusukkai*) and Tinospora cordifolia each one handful quantity. First these are purified and then pounded.

iii. Take the seeds of Eletteria cardamomum (cardomum seeds), peacock feather, black coloured silk, and purified earth worm. Then by heating and make them into burnt ash.

iv. Now collect all the i, ii, iii preparations above and put them into a big pot and add 10 *padi* water (1 *padi* – 1½ lit). Then boil them until it reduces into 1/8 part and filter them.

This decoction is specially given for *'Kapha vatha suram'* in the dose of 1 ounce, three times in a day.

It may be taken with jaggery also. This decoction is also used as an adjuvant with tablets, *parpam, chendooram* and *kattu* which are also given for fever.

Note

The decoction container should be kept on the store. (keeping the decoction temperature in warm). Add Ipomoea turpethum root (Turpeth root) or Rosa damascena flower buds (Rose-buds) if constipation is there.

i. Take cumin seeds (Cuminum cyminum) and fry them well. Add cut and pieced Adathoda vasica leaves. Then add 1 litre water and boil them until it reduces into ¼ part and filter them. This filtered part is now divided into two parts and each part is given in morning and evening times. It cures *pitha suram* with *vayu* (air).

ii. Take Aegle marmelos leaves (Bael tree leaves) young leaves of Azadirachta indica (neem leaves), Ocimum sanctum leaves (Holy basil) and Piper nigrum – 4 or 5 Nos. (pepper). Grind them well and make it into round pills form. One pill may be given in one time in the case of '*Kulir suram*' (Fever with rigor or shivering).

38. Decoction for all kinds of fever

(Ref. From Dr. M.S.Velu — Siddha Research Center)

Take Evolvulus alsionoides (Vishnu Kranthi – Tam) whole part 5 to 6 (no.) Phyllanthus niruri whole part 4 nos. (Bahupatra), Adathoda vasica leaves – 7 or 8 no., Dried ginger (Zingiber officinalis), Piper nigrum (pepper), Piper longum (long pepper), Root of the long pepper (Piper longum), Lesser variety of Alpinia galanga (lesser galangal), Flacourtia catapracta (many spiked Flacortia), Saussurea lappa (kostum), Glycyrrhiza glabra (Indian liquorice), Anacyclus pyrethrum (pellitory root), Smilax chinensis (china root), Cyperus rotundus (nut grass), Mollugo cerviana, Tinospora cordifolia, Andrographis paniculata (chiretta), and Trichosanthes cucumerina (wild snake gourd) each of ½ tola (1 *tola* –

0.0116638 kg.) and 'Angoor' grapes – ½ *palam* (15 gm. Vitis vinifera fruits seeds, stalks removed). Pound them well and add 4 litre of water. Soak the pounded matter in the water for 2 hours. Then boil them until it reduces into ¼ part and filter them.

Dose: 60 to 120ml may be mixed with palm sugar.

The decoction is given 2 times or 3 times in a day for the diseases of *vatha, pitha, kapha, thontha, muppini* fevers, periodic fever, fever due to intoxication and recurrent fever.

This is proved by experience. This decoction may also be given with the tablet, *parpam*, *chendooram* and *kattu* as an adjuvant.

Typhoid fever, lobar broncho-pneumonia and influenza etc. are cured in a very short time or earlier than expected.

39. Decoction for *Thaduman* fever (common cold, hey fever, allergic rhinitis, body pain, heaviness of the head, and headache.)

Take coriander seeds ½ *palam* (Corriandrum sativum), dried Ginger (Zingiber officinalis), Piper nigrum (Pepper), Piper longum (long pepper), root of the long pepper, lesser variety of Alpinia galanga (lesser galanga), Flacourtia catapracta (many spiked flacortia), Saussurea lappa (kostum), Glycyrriza glabra (Indian liquorice) and Anacyclus pyrethrum (pellitory root) each of 1 *varagan* (1 *varagan* – 4.2 gm). Add 4 litres of water and allow the collected materials to soak for 2 hours. Then boil them until it reduces into 1/8 pot and filter them. This cures the diseases said above.

Dose : 60 ml to 100 ml 2 to 4 ounces, 2 or 3 times in a day.

Palm sugarcandy may be taken with the decoction.

40. Decoction for Recalcitrant fever and *Sannibatha* fever

Take Evolvulus alsinoides whole part – 5 or 6 (No.) lesser variety of Alpinia galanga (lesser galangal), Flacourtia catapracta (many spiked flacourtia) root of the Piper longum (long pepper), Piper nigrum (pepper), Cyperus rotundus (nut grass), Saussurea lappa (costus) and Smilax chinensis (china root) each of 1 *varagan*. Add 2 litres of water to (1 *varagan* – 4.2 gm).

These (cut and pieced) materials have to soak for 2 hours. Then boil the contents until it reduces into ¼ part and filter them. This decoction is indicated for recalcitant (non-respondence) fever and *sannibatha* fever (fever with delirium).

Dose : 60 ml to 120 ml, 2 or 3 times in a day.

It may be taken with palm sugar candy.

41. Decoction for *'Muppini'* fever

(Reference from Therayar's Vaidyam – 1500 – Page – 135)

Take Mollugo cerviana, Clerodendron serratum, Artemisia vulgaris. Tinospora cordifolia, lesser variety of Tragia involucrata, Glycyrrhiza glabra (Indian liquorice), Hemidesmus indicus (Indian Sarsaparilla) root, Flacourtia cataphracta, Cyperus rotundus (nut grass), dried Ginger (Zingiber officinalis), Trichosanthes cucumerina (Wild snake gourd), Cinnamomum tamala (Cassia cinnamom), Mesua ferrea (Cobra's saffron), Cinnamomum zeylanicum bark, lesser variety of Aplinia galanga (lesser galangal) amd Piper nigrum (Pepper), Erythroxylon monogynum each of ½ *palam* and pound them well (17.5 gm). Put the pounded matter in a pot (earthen ware) and add 2 litres of water. Then boil them until it reduces in to 1/8 part and filter them.

This decoction is indicated for all kinds of fever, especially, *thontha* fever and *sannibatha suram.* Decoction may be given with little amount of palm jaggery or palm sugarcandy.

Dose : 12 ml 2 times in a day. Decoction should be given atleast for 3 days.

Decoction may also be given as an adjuvant with tablets, *parpam* (Calyx Praparations), *chenthoram* and *kattu* which are also given for fever cases.

"Oil bath" for the patients after they got relief from fever

Take Glycrrhiza glabra (Indian liquorice), Nigella sativa (Black cumin seeds), Plumbago zeylanica (Ceylon leadwort), Eugenia caryophyllata (Clove), Erythroxylon monogynum, Cinnamomum zeylanicum bark, Aquilaria agallocha bark (Aloe-wood, or grass root), equal of 17.5 gm pound them well.

Then grind them well with cow's milk. Put the ground marter in 4 litres of gingille oil and boil them until the moisture evaporates, then filter them.

This oil should be applied daily on the patients head, followed by warm water bath. This oil bath should be continued for 45 days.

This medicament cures all the diseases of the body. It relieves pyrexia, Fever will never come again.

42. Fig toddy for fever with rigor

'Fig toddy' is a kind of toddy collected from the cut fig tree root. Sugar candy and the *'Peyan'* variety of banana are mixed well with the toddy.

The next day, juice will be extracted by squeesing the mixture.

This juice is indicated for fever with rigor.

43. '*Sandamarutha* decoction' for rhinorrahoea, heaviness feeling of the head and fever. (Ref. Reference from 154 page. Therayar Vaidhyam 1500.)

Take Nelumbium speciosum tuber (sacred lotus tuber). Glycyrriza glabra (Indian liquorice), Carum roxburghianum (Ajowan seeds), Ferula asafoetida (Asafoetida), Hemidesmus indicus (Indian Sarsaparilla) root, Mimosa fernesiana and flower of the Bassia latifolia (Indian butter tree) in equal amount of 2 kazḥanju (1 kazhangu – 5.1 gm.) and pound them well. Add 2 ṇazhi (2 lit) water and boil them until it reduces into 1/8 part then filter them. This decoction will be given along with pepper powder (Piper nigrum) 2 times in a day. It cures all kind of fevers.

Another preparation

Take Eugenia caryophyllata (clove), Glycyrriza gladra (Indian liquorice), Saussurea lappa (Costus) Trichosanthes cucumerina (Wild snake gourd), dried Ginger (Zingiber officinalis), lesser variety of Alpinia galanga (lesser galangal) and Erythroxylon monogynum, equal quantity and pound them well. Prepare decoction as per the procedure. This decoction is indicated for recalcitrant fever, *thoda suram, sanni* – 13, *Pitham* – 40, *Vatham* – 80 and *Sethumam* – 96. it will be given 2 times a day.

44. *Chooranam* for inhalation and for head (vertex) application.

Take Carum roxburghianum (Ajowan seeds), Piper nigrum 9 grams (Pepper) in each amount of Piper longum (Long pepper), 38 grams and lesser variety of Alpinia galanga (lesser galangal) – 1/8 palam. Pound them and powder well. Then filter the powder by a clean cloth. This *chooranam* is kept in a cloth and it is used for the inhalation purpose and also for the application on the vertex (head), This *chooranam* or powder may be used with *Sambirani Pathangam*, Camphor

powder and with menthol crystal. It cures the disease which are already said above. (43).

45. Common decoction for 64 kinds of fevers

Take the root of the Indigofera tinctoria (True Indigo) root of the Ocimum sanctum (Holy Basil), Ocimum basilicum root (Sweet Basil), whole part of the Solanum xanthocarpum, whole part of the Evolvulus alsinoides, lesser variety of Alpinia galanga (lesser galangal) and Piper nigrum (pepper) in equal amount, then pound them well. Prepare decoction as per the procedure. This decoction is indicated for all 64 kinds of fever.

Dose : 60 ml to 120 ml; 2 or 3 times in a day.

It may be used as an adjuvant with tablets, *parpam*, *chendooram* and *kattu* which are also used for fever.

46. Honey – mixture (Kandavizhtham) for *sanni suram* and *sabtha thodam*

(Ref. Handwritten manuscript)

Take Gold, Silver, Pearl, Mathurum, Eugenea caryophyllata (clove), Piper longum (long pepper), Coral, Elaeocarpus tuberculatus (Rudraksha), Saussurea lappa (costus), Anacyclus pyrethrum (Pellitory root), Cycascircinalis, Aegle marmelos (Baelroot), *Rasachendooram* (mercury *chendooram*), Adathoda vasica root, Ginger (Zingiber officinalis), Elephant tusk, Plumbum (lead), Zinc, Alpinia galanga and Rhiniceros horn, in equal amount and purify them first. Then grind them with breast milk, then mix the honey with the ground matter. This preparation is for the tongue application.

It is indicated for *sanni suram, sabtha thodam*, thorny eruption of the tongue, dryness of the tongue, glossitis, *suga sanni* (delirium), vomiting, hiccup and for *Vatha* disease.

Note:

The constituents of this preparation, Gold, Silver, Pearl, Coral, *Rasa chendooram*, Elephant tusk, Plumbum, Zinc, and Rhinoceros horn could give better results if they are used (in *parpam* form) as *parpam*. Other ingredients may be used as usual.

Diet febrile condition

i. Take Dried ginger (Zingiber officinalis) splitted pulse of Phaseolus mungo (Green gram) and fried paddy. Prepare decoction as per the procedure. It will be given in *thontha* fever and other kinds of fever conditions.

ii. Fry the un cooked rice and add a piece of dried Ginger (Zingiber Water). It will be given for *'Vali'* fever, *'Mupini'* fever ant it should be continued for 7 days.

iii. Punarbaga *conjee* may be given in the early days of fever. (extract of any grain boiled twice instead of once generally prescribed for convalescents pomado).

iv. Barley rice conjee, sagus learus canjee (Sago canjee) and wheat conjee may also be given.

Prepared medicines for internal use

If the fever is not cured by external medicines, starvation and by the decoction, then fever will be treated by some superior medicine like tablet, *parpam*, *chendooram*, *chunnam* and *kattu* preparations with suitable adjuvants.

For purgation, as said previously

i. *Sanjeevi* tablet 1 to 2 No. (for children according to the age) will be given, mixed with warm water.

ii. *Ashta Bairavam* – 1 or 2 tablet.

iii. *Vacchirakanthi* tablet (or Night pills) – 2 tablets.

iv. *Suga Viresana* Tablet – 2 tablets

v. *Jeeva Rathina kuligai* – 2 tablet

vi. *Kandeepan* tablet – 2 tablet

Any one of the tablet is given with warm water once only (dose), it will cause 2 or 3 times purgation.

For the above preparation of the drugs. (Refer, Siddha Research Pharmacopiea.)

vii. *Meganatha Kuligai* – 1 or 2 tablet.

viii. *Thazhamboo* tablet – 1 or 2 tablet

ix. *Kodasoori Kuligai* – 1 or 2 tablet

Any one of the tablets may also be given for the purgation purpose as a single dose. These tablets should be given according to the patient conditions in *vatha, kapha* fevers. Purgation is not needed in *pitha* fever.

Note

Enema may be useful, if the purgation is ineffective and in the condition when the oral medicines are impossible to be given.

Some superior medicines

1. *Anantha Bairava* tablet

One tablet is given in the morning and in the evening with suitable adjuvants for *Seethanga Sanni* (delirium).

2. *Rasa Bhoopathi*

One tablet is given in the morning and in the evening with suitable adjuvants for *janni* and fever with rigor.

3. *Rama banam*

One tablet is given in the morning and in the evening, with breastmilk and sugar for *suram.* Lactus – Porridge will be given.

4. *Raja Rajeswaram*

One tablet is given in the morning and in the evening times with *Trikadugu* decoction for 13 types of *sanni.* (Dried ginger, pepper and long pepper.)

5. Emathanda Kuligai

One tablet is given in the morning and in the evening times with honey or other suitable decoctions (adjuvants). For *kaphasuram* with (Phelgmatic) expectoration, *kaphavatha suram, sanni patha suram* and 13 types of broncho and lobar preumonia.

Adjuvant for '*Emathanda Kuligai*'

Take leaves of Adathoda vasica (Malabar nut), Solanum xanthocarpum (Kantakari), Ocimum sanctum (Holy basil), Solanum trilobatum (Alarka), Mukia scabrella (Musimusikkayi) cut them into pieces. Cook them by steam (pittaviyal method). Then get the extract from the preparation by squeezing. Add some honey and palm sugarcandy. This mixture is used as an adjuvant, and the tablet may be rubbed with the mixture and be given for 3 or 5 days.

6. Kanes Kuligai

One tablet is given in morning and evening times, with long Pepper *chooranam* (Piper longum) as base medicine and with the honey as an adjuvant. Lactus porridge and milk conjee are the diet. This tablet cures all kinds of fevers.

Note

This tablet is also given for "Mad dog bite" (Rabies) cases.

7. Karavala vairavam

One tablet is given in the morning and in the evening with tender coconut water for *"Abiniasa sanni" noi.*

8. Kaliyana vairavam

One tablet is given in the morning and in the evening with tender coconut, sugar and milk for *'Karniga sanni' noi.*

9. *Kasthuri* tablet : (Ref. S.V. Thirattu and S. R. Pharm)

It is given in the morning and evening in suitable adjuvants for the *Sanni, Vatha thodam*, *Pitham*, *Kapham* and *vayu.* Two kinds of '*Kasthuri* tablet' have been described. Specially, it gives better results in *kapha suram, kaphavatha suram, sannipatha* suram, phlegmatic fever in paediatrics and in neerkkanai.

In paediatric cases, the tablet is given, with breast milk. (It is very useful in heart and lung diseases with or without fever).

10. *Karunya Vairavam*

It is given in the morning and evening with suitable adjuvants for *'Pralaba' sanni.*

11. *Korosanai* tablet : (S.V. Thirattu and S.R. Pharam)

This tablet is given, in the morning and evening with breast milk in paediatric cases for fever, rhinitis, *sanni noi* (delirium), *vayu* and *syncope* or fainting in peadiatric cases. It is given with *'Anda thailam'* (oil preparation extract from the egg yolk) for the convulsive disorders with fever. *'Mantha Kudineer'* is (A decoction preparation given for *'Mantha noi'*) given as an adjuvant with *'korosanai* tablet' for *allu mantham, mukku mantham* with pyrexia. The tablet should be given for 3 to 6 days, for *Mantha Noi* or the convulsive disorders.

12. *Korosana Kasthuri* tablet : (S.R. Pharma)

1 or 2 tablet is given with suitable adjuvants in morning and evening for all the diseases said above. It is also given for *Sannibatha suram.*

(It is very useful in fever with heart and lung diseases). It is proven in our research center by experience.

13. *Sankara Vairavam*

One tablet is given in morning and evening with honey for *'Uruthagasanni'*.

14. Sannibatha Vairavam

One tablet is given in morning and evening with "long pepper decoction" (decoction prepared from Piper longum) for *'Rakthiteevi sanni' noi.*

15. Santha santhirodhayam

One tablet or two tablets given with honey in morning and evening for *pitha suram.*

16. *Sambiranipoo Kuligai*

One tablet is given in morning and evening with honey for *'Soothaga suram'*. It is given for 3 days.

Soothaga suram – puerperal sepsis or fever occurring just after child birth or abortion or miscarrying.

This tablet is chewed with Piper betle (Betel – leaf) for *Suga Sanni' noi.*

17. *Siddha Vairavam*

One tablet is given in morning and evening with honey and long pepper (Piper longum) for *"Simmaga Sanni"*.

18. *Suvacchanda Vairavam*

One tablet is given in morning and evening with ginger juice (Zingiber officinalis) for *"Kanda Kupsa Sanni" noi.* Diet: curd rice water.

19. *Thazhamboo* tablet

One tablet is given daily morning only for 3 days. Treatment should be given according to the severity of the disease and condition of the patient. It is generally given for fever, lymphadenopathy (buboes) with scrotal swelling, (Filariasis). It also causes purging.

20. *Navalogakkini Kumaran*

One tablet is given in morning and evening with suitable adjuvants for fevers, *sanni* (delirium), tremors, rigor and for dryness of tongue.

21. *Pacchai Karpoora* tablet

One tablet is given in morning and evening with ginger (Zingiber officinalis) juice and honey for *veppu suram,* (hyper pyrexia), *Thaba suram, Vatham*-80, *Pitham*-40 and *Sethumam*-96.

22. *Bala Sanjeevi* Tablet

(S.V. Thirattu and S.R. Pharm – Reference)

One or two tablet is given with sutable adjuvants in morning and evening for paediatric cases of *mantham* (flatulence) *mantha suram* (fever with indigestion), *Kanai suram* (Primary complex), phlegmatic fever and for the fever in bronchitis.

23. *Padana* tablet : (Ref. S.V. Thirattu and S.R. Pharm)

One tablet is given in morning and evening with water for *seetha pitha* fever. For *sanni noi*, *pazhaya suram* and convulsive disorders, it will be given with Cynodon dactylon juice (Bermuda grass juice). This is also useful in malaria fever.

24. *Prathabakkini Kumaran*

One tablet is given in morning and evening for 3 days with ginger (Zingiber officinalis) juice in the cases of *sanni surangal* (Fever with delirium).

25. *Brammanantha Vairavam*

One tablet is given in morning and evening with honey and ginger juice for *sanni* fevers.

26. *Bootha Vairavam*

One tablet is given in morning and evening with honey for *'Thanthiriga Sanni Noi'*.

27. ***Mathana Vairavam***

One tablet is given in morning and evening with *Trikadugu* decoction for *'Sitthapiramai Sanni Noi*'.

28. ***Manohara Vairavam***

One tablet is given in morning and evening with honey for *'Santhiga Sanni Noi'.*

29. ***Vasantha Kusumakaram***

One or two tablets given with suitable adjuvants in morning and evening for fever, bronchitis with phlegmatic condition (expectoration), thirst, UTI, frequent sneezing, and frequent eructations.

Ginger juice, honey and sugarcandy may be used as adjuvants.

30. ***Vitharana Vairavam***

One tablet is given in morning and evening with *'Trikadugu'* decoction for *'Puknanethira Sanni' Noi.*

31. ***Vijaya Vairavam***

One tablet is given in morning and evening with boiled tender coconut water for *"Anthaga Sanni Noi*".

32. Vishnu sakkara tablet

One tablet is given in morning and evening with *'Trikadugu'* powder (mixture of dried ginger, pepper and long pepper *chooranam*), ginger juice and honey for 13 types of *sanni, pakka vayu*, hiccup, dropsy, eructation, syncope and *vayu.*

33. ***Ratha chinthamani*** **tablet**

One tablet is given in morning and evening with suitable adjuvants for fever, *sanni thodam* – 21. (delirium).

34. ***Arttha Nareeswaram***

One tablet is given with Vitex negundo juice (five leaved chaste tree) for fever, and the tablet is rubbed with Vitex negundo juice and applied into the nostrils. This cures the unilateral pyrexia (unilateraly ocuring pyrexia).

Diet – Conjee prepared from goat's milk.

35. ***Navakkiraga Boopathy***

One tablet is given in morning and evening with ginger juice for recalcitrant fever, *thodam*, periodic fever, *sanni* (delirium) and hyper perspiration. It also cures ascites, splenomegaly and chronic abdominal diseases.

36. ***Pirathabakkini Boopathy***

One tablet is given in morning and evening with suitable adjuvants for 9 types of fevers, *vatham* – 80, bronchitis, jaundice, anaemia and also for tuberculosis.

37. ***Poomeni* tablet**

One tablet is given with honey and ginger juice in the morning only for *suram* (fever), *sanni* (delirium), and for the recalcitrant fever (non-responsive). The tablet causes purgation.

38. ***Tridhosha* tablet**

One tablet is given in morning and evening with suitable adjuvants for *Sanni noi* (delirium), fever with rigor and also for the phlegmatic fever.

39. ***Neerkovai* tablet (for external application only)**

One tablet is taken and it is rubbed with breast milk and it will be applied on the forehead. The external application will be followed by Benzoin resin (gum), fumigation. (Styrax benzoin). It cures headache and sinusitis.

40. ***Kanthi* (sulphur) tablet**

One tablet is given in morning and evening with suitable adjuvants for chronic fevers.

41. *Mahavasantha kusumagaram*

One tablet is given in morning and evening with suitable adjuvants for fever, *sanni* (delirium) and some other severe diseases.

42. *Valai chinthamani*

One tablet is given in morning and evening with honey or ginger juice for fever cases.

PARPAM (CALYX) PREPARATIONS

1. Aya *Parpam*

Well prepared aya *parpam* is given in the dose of 1 grain with suitable adjuvants. For *nalir suram* (phlegmatic periodic fever), *atthi suram* (fever due to the disease of bones) and chronic fevers. It is also given for debility cases and general weakness. Honey, sugar, long Pepper (Piper longum) and pepper (Piper nigrum) are considered as suitable adjuvants for *Aya parpam*.

Dietary restrictions

Patient should avoid Sesamum indicum seeds (gingelly seeds), Brassica juncea (mustard seeds), Dolichos biflorus (Horse gram) and tamarind food stuffs, upto one week even after the disease is cured.

2. *Karpoora silajit Parpam*

Karpoora silajit parpam (Calyx preparation by using ground Cephalandra indica leaves (Kovai leaves) as covering for the calcinations of the crucible, is given in the dose of 150mg, 200mg, with suitable adjuvants in the morning and evening for fever.

3. *Muthu Parpam* (Calyx praparation of pearl)

It is given in the dose of 1 grain in morning and evening with suitable adjuvants for common fever, recalcitrant fever, phlegmatic fever and *sanni noi* (delirium).

4. *Saathi linga Parpam*

Calyx preparation of the cinnabar - Red sulphide of mercury (natural).

It is given in the dose of 50mg. (1 mustard weight) in morning and evening for three days with palm jaggery. It is indicated for severe fever, fever with shivering, *thosha sanni* (a kind of apoplexy) and *sanni thodam.* It also gives some good results in some terrible and dangerous diseases. But the medicine should be given, according to the condition of the patient. Lactic portidge and conjee should be taken. (This is a universal remedy for critical and serious diseases). It is also good for cancer.

5. *Sanda Rasa Parpam*

It is given in the dose of 15 to 30 mgm with suitable adjuvants for 3 to 5 days. This *Parpam* is given for *"Sanni batha suram"*, *megam* (syphilis), syphilitic ulcers, peptic ulcer, colic, skin diseases, *kapha* diseases, *vatha rogam* (Vatha diseases) and for severe and terrible serious diseases. The medicine should be given, according to the parient's condition. Patient should follow severe dietary restrictions. Lactic porridge may be given. (This is one of the mercurial remedies for almost all serious and complicated diseases). It is a very best remedy for cancer.

6. Navaneetha *Parpam*

It is given in the dose of 50mg. –150mg. (1 to 8 mustard seeds weight) with cold water for *vatha* fever. With toddy and Tinospara cordifolia leaf juice for *pitha suram* and *kapha suram,* respectively. (Ref. S.V. Thirattu).

7. *Navaneetha Parpam*

(Another preparation referred from S.R. Pharma)

It is given in the dose of 50 mg. to 150 mg. (1 to 2 pinchful) with honey in morning and evening for fevers due to drug reactions and heat.

8. ***Thalaga Parpam*** **:** (Calyx preperation of yellow arsenic trisulphide).

It is given in the dose of 32 mg to 65 mg. with palm jaggery in morning and evening for *pitha fever.* Other than these, *Pitha Kapham*, *pitha kasam,* manthara kasam, tuberculosis, convulsive disorders and the sexually transmitted diseases are also indicated. The patients should take the medicine at least for 10 days with restricted salt free diet.

9. ***Sangu Parpam*** **:** (Calyx preparation of conch shell)

It is given in the dose of 65 mg. to 130 mg. in morning and evening with Ocium sanctum juice (Holy Basil juice) for burning fever, *sanni* (delirium) and for the excessive phlegmatic conditions.

10. ***Sirungi Parpam*** (Deer horn's *Parpam*) ***Pavala Parpam*** (coral *Parpam*), and *Silajit Parpam* mixture.

No.1 mixture – (P.S.S. *Parpam* – S.R. Pharma).

It is given in the dose of 130 mg. to 250 mg. in morning and evening with honey, milk and decoction preparation for fever. This is given for *pitha* fever, *kapha* fever, pulmonary tuberculosis, fever with phlegm aggravation, hiccup and for bronchitis. (This may be used in heart and lung diseases in combination with *kasthuri chendooram*, *muthu parpam*, *pavalam* and *sirungi parpam* with honey, ghee or butter).

11. Gold ***Parpam***

It is given in the dose of ½ to 1 grain with suitable adjuvants in morning and evening for *kapha* fever, *sanni suram* (fever with delirium), pulmonary tuberculosis and bronchitis.

12. *Annabethi Chendooram* – No. 1.

It is given in the dose of 65mg. to 130mg. in morning and evening with suitable adjuvants for fever, mucous diarrhoea (Bacillary dysentery) and anaemia.

13. *Linga Chendooram* No.1 (S.V. Thirattu)

(*Chendooram* of Cinnabar.)

It is given in the dose of 60 mg in morning and evening with honey for phlegmatic fever with rigor, *vatha, kapha thosham,* syphilis and for all fevers.

14. *Linga Chendooram* No. 2. (S.V. Thirattu)

It is also given in the dose of 1 grain in morning and evening for all diseases said above, fever and all *sanni batha rogams* (diseases).

15. *Ulantha linga kattu Chendooram*, *Sathi linga kattu Chendooram* (S.R. Pharm)

The preparation methods of both, (said above) are the same. But it should be used individually. This is given in the dose of 1-2 grain with honey, ginger juice in morning and evening for all kinds of fevers, *sanni batha* fever. In addition, P.S.S. *Parpam*, *Kasthuri karuppu* or *kasthuri chendooram* and *Thalisathi chooranam* are also given. This cures any kind of fever very easily. It is very efficacious and proven medicine.

16. *Gowri chinthamani Chendooram*

It is given in the dose of 130mg. in morning and evening with *Trikadugu* powder (Powder preparation of ginger, pepper and long pepper) and honey for headache and fever.

17. *Sanda marutha chendooram*

It is given in the dose of 65mg. to 130 mg. in morning and evening times with *Trikadugu* powder, honey or with other

suitable adjuvants for some serious diseases. For all kinds of fever, *sanni batham* due to three *thoshas* defects.

18. *Thanga chendooram*

It is also used for the diseases which are indicated in Gold *parpam*.

19. *Poorna Chanthirodhayam*

It is given in the dose of 65mg. to 130mg. in morning and evening with *karpoorathi chooranam* and Piper betle juice (Betal – leaves juice), for fevers, pulmonary tuberculosis and *pitha kapha noi*.

20. *Shaya Kulanthaga Chendooram*

It is given in optimum dose (65-130mg.) with *Trikadugu* powder (powder of dried Zingiber officinalis, Piper nigrum and the Piper longum) and honey for pulmonary tuberculosis, bronchitis, bronchial asthma, and other phlegmatic disorders. It is also given in the febrile conditions of the above diseases. Goat's is milk is prescribed as a diet during medication.

21. (S.V. Thirattu and S.R. Pharm)

It is given in the dose of ½ to 1 grain with honey, ginger juice and holy Basil leaves juice (Ocium sanctum leaves) in morning and evening for cholera, *vatha* diseases and for paralytic disorders. It also relieves fever in the above diseased conditions.

22. *Velli* (Silver) *Chendooram*

It is given in the dose of 1 grain with suitable adjuvants in morning and evening for fever and *sanni batham*. (The preparation method of Silver *chendooram* and the indications of the *chendooram* is to be referred from the Siddha Vaithiya Thirattu.)

23. *Kasthuri Karuppu* (S.V. Thirattu)

***Kasthoori Chendooram* – S.R. Pharm**

These are differ in prepartion methods. The excellence of the medicinal effect could be attained only by experience.

It is given in the dose of 65 to 130mg. in morning and evening with honey, breast milk, ginger water. For fever, cough, bronchitis, asthma, chillness of the body, *sanni* (delirium) and other phlegmatic conditions. (This is very useful in heart and lung diseases).

24. *Thalaga Karuppu*

(*Karuppu* preparation of yellow Arsenic)

The preparation method of *'Thalaga Karuppu'* should be referred from the S.V. Thirattu and S.R. Pharm. The preparations differ from one another, according to the efficacy of the medicines.

It is given in the dose of 65-135mg. with honey in morning and evening times for pulmomary tuberculosis, and for bronchial asthma. It also relieves pyrexia.

25. *'Korosana'* powder

It is given in the dose of 65-130mg. in morning and evening with suitable adjuvants for phlegmatic fever. It also causes purgation.

26. *Sivanar amirtham*

It is given in the dose of 65-130mg. with suitable adjuvants in morning and evening for fever and *sanni* (delirium).

27. *Pattu Karuppu*

It is given in the dose of 1 to 2 gram in morning and evening with honey for the 'retained lochia' cases after delivery. It is also given for puerperal sepsis due to retained lochia.

28. *Linga pathangam*

Thirumoorthy Pathangam and *Rasa Parpam* are having similar properties. These are given with palm jaggery in the dose of ¼ to 1 grain in morning and evening for almost all the serious and dangerous diseases. It is also given for fever and *sanni* (delirium).

These three preparations, may be used as a single medicine for all the diseases.

29. *Sambirani pathangam*

(Sublimation for the Gum Benzoin Styrax Benzoin)

It is given in the dose of 1 to 2 grain with ginger juice, holy basil leaves juice and honey in morning and evening for all kinds of fever.

MEZHUGU, KUZHAMBU

1. *Agathiar kuzhambu*

It is given in only one dose of 130 mg. in morning time only for constipation in phlegmatic fever *(kapha suram)* and in *kaphavali suram.* It is given with dried ginger *karkam.* (A solid preparation of a raw drug ground with water).

Dried ginger and the pepper powder (Piper nigrum) are used as adjuvants in phlegmatic fever (chillness with fever); ginger juice and honey are used in *sanni vatham* as adjuvants. A decoction prepared from the Plumbago zeylancia (Ceylon lead wort) root bark, Caesalpinia bonduc root bark (Physic – nut tree), Mukia scabrella and Vitex negundo, is used as an adjuvant in 13 types of *sanni* (delirium).

The *mezhugu* may be given for three days only in morning time, if the condition of the patient warrants.

Note

If there is excessive purgation, decoction of cumin seeds (Cuminum cyminum), tamarind or lemon, curd rice and or brunt Acorus calamus (sweet flag) may be given..

2. *Sathi sambeera kuzhambu*

It is given in the dose of 130mg. 3 or 4 times in a day for vomiting with fever, hiccup, thirst and fever.

3. *Navarasa Thuvaiyal :* (Relish preparation of Navarasa)

It is given in the dose of 150 – 200 mg. thrice a day for vomiting in fever.

4. *Panccha sootha mezhugu*

(*Mezhugu* preparation ie. semisolid preparation of five mercurial compound viz. hydrargyrum (mercury), *Rasa chendooram* (Red sulphide of mercury), Cinnabar (Red sulphide of mercury – natural), Calomel (Hydrargyrum subchloride) Corrosive sublimate (hydrargyrum perchloride).

It is given in the dose of 65mg. in morning and evening with breast milk for *sanni* – 13, *thosham* – 7 and many kinds of fever. It may be continued for 3 days.

5. *Van mezhugu*

It is given in the dose of 65mg. in morning and evening with palm jaggery for '*Kapha vatha sanni*' and eight types of fever. Treatment should be continued for 3 days to 5 days. Besides this, it may be used as direct medicine for all the diseases. (As an universal remedy for almost all the diseases).

6. *Gowsikar Kuzhambu*

It is given in the dose of 130mg. in morning only, for three days.

It is actually given with warm water for constipation in *sanni* (delirium), *thosham*, and fever. Constipation in fever

with shivering and rigor cases, it is given with dried ginger decoction and with the decoction prepared from the water lily (Nymphaea- Lotus) and cumin seeds (Cuminum cyminum).

For eight types of fevers it is given with the mixture of cardamom (Elettaria cardamomum) powder and pepper powder (Piper nigrum).

For fevers due to bone diseases, it is given with Cassia fistula young leaves. (tender leaves).

It causes purgation and cures fever.

CHOORANAM

1. *Thalisathi chooranam*

It is given in the dose of 1 to 2 gm. in morning and evening with honey for fever, sialorrhoea and cough. It is used as adjuvant or as base medicine with *chendooram* and *parpam* which are used for fever.

Note

Thalisathi chooranam – preparation described in Siddha Research Pharmacoepia also gives better results.

LEGIYAM

1. *Pancha Theepakkini legiyam*

It is given in the dose of 2 to 4 gms. In morning and evening for 45 days. It is given in fever cases due to bone diseases.

2. *Ven poosani legiyam*

(Legiyam preparation of Cucurbita pepo)

It is given in the dose of 5 gm. in morning and evening for 45 days (1 *mandalam*). It is also indicated for fever due to bone diseases. *(Atthi suram).*

NEI (Ghee preparation)

1. ***Adathodai Nei***

It is given in the dose of 3.6 gm. (1 *kasedai*) in morning and evening for fever. It may be applied externally also. *(Thuvaalai)*.

2. ***Vallarai Nei***

It is given in the dose of 1 teaspoon in morning and evening for fever due to bronchitis and for the feverish conditions.

MANAPPAGU

1. ***Adathodai Manappagu***

A mixture of ¼ - ½ *palam manappagu* and 2 parts of boiled water (cooled) is given in morning and evening for many kinds of fevers.

THAILAM

1. ***Arakku Thailam***

This *thailam* is taken for oil bath once or twice in a week.

This kind of 'oil bath' is indicated for fevers due to chillness and for chronic fevers.

2. ***Saga devi thailam***

It is taken in the dose of one teaspoonful in morning and evening for burning sensation of the body, and also for fever due to indigestion. The patient should also use this *thailam* for oil bath, twice a week.

3. ***Merugu thailam***

It is taken internally in the dose of 3.6 gm. in morning, and evening. It is also taken externally for 'oil bath' twice a week. The *merugu thailam*, is generally given internally and

externally for *vatha veppu* (*Vatha* fever) and for all other fevers too.

Some combination drugs for fever and *muppini noi*

1. Take *Linga kattu chendooram*, P.S.S.*Parpam*, *Kasthoori chendooram* in each amount of 2 grain and take *thalisathi chooranam* – 5 grain. Mix them well and precribe in morning and evening with honey for 2 or 3 days.

   It is indicated for fever, and *sanni noi (delirium)*.

2. Take *Sivanar amirtham, Linga kattu chendooram*, P.S.S. *parpam* and *kasthoori chendooram* each of 2 grains. *Thalisathi chooranam* or *Amukkura chooranam* – 5 grains. Mix them well and the mixture is given in morning and evening with honey for fever and *sanni noi* (delirium).

3. Take *Sanda marutha chendooram*, *kasthuri chendooram*, P.S.S. *Parpam* in each of 2 grains, *Amukkura chooranam* or *Thalisathi chooranam* – 5 grains. Mix them well and the mixture is given with honey in morning and evening for fever and *sanni noi* (delirium).

4. Take *Lingakattu chendooram*, *Kasthoori chendooram*, P.S.S.*Parpam*, *Thalaga chooranam*, then mix them well like the above (3) preparation. The mixture is given for fever with phlegm and for *sanni noi* (delirium).

5. Take *Sathi linga parpam* (*parpam* preparation of mercuric sulphide) – 1 grain, *kasthoori chendooram* – 2 grains, P.S.S. *Parpam* – 2 grains and *Talisathi chooranam* – 5 grains. Mix them well and it is given with ginger juice, honey and sugar in morning and evening for *sanni thosham* (delirium) and fever with rigor.

6. *Linga kattu, Rasa kattu,* and *Thalaga kattu*, either one of these medicines is given rubbed with suitable adjuvants, thrice a day for *sannibatha suram*, *thontha thosha suram* and recalcitrant fever.

Note

'Thaivelai ennei' (Oil preparation of Gynandropsis pentaphylla (Caravalla seeds) is applied externally as *'Thuvaalai'* for *visha suram* (fever due to intoxication), *sanni batha* fever, and for *thontha thosha suram.*

2. MUKKUTRA NOI

(DELIRIUM)

In this Chapter 13 types of *Bairava* tablets and decoctions for 13 types of *sanni suram* are described.

1. *'Bootha Bairavam'* for *Thanthireega sanni*

Take hydrargyrum (mercury), sulphur, cuprum (copper) in the forms of *parpam* in equal amount, and grind them with Plumbago zeylanica decoction (Ceylon leadwort). Keep the ground matter in the crucible on the oven, filled with sand (calcining – manal maraivu pudam – procedure) and heat them for a day. Allow them to cool. Then grind them with *'Verugu'* cats bile for six hours (2 *samam*). After that the ground matter is made into pills in the size of half, wild liquorice seeds (Abrus precatorius seeds). Then these are dried and kept in a container.

This *'Bootha Bairavam pill'* is given with suitable adjuvants in morning and evening for this *'sanni' noi.*

2. Decoction for *'Thanthireega sanni'*

Take Tinospora cordifolia, Mollugo cerviana, Vetiveria zizanoides (khus –khus root), Trichosanthes cucumerina (wild snake gourd), Dried ginger (Zingiber officinalis), and Acorus calamus (Sweet flag) in each of 5.1 gm. Add 2 *nazhi* water (16 *allakku*-1 *allakku* – 168 ml.) and boil them until it reduces into 2 *allakku* and then filter it. It is taken in suitable dosage with honey for *Thanthireega sanni.*

3. *Vijaya Bairavam* – for *Anthaga Sanni.*

Take purified hydrargyrum (mercury), mica, tin (Sn), plumbum in *parpam* forms (preparations) and purified Aconitum napellus. (Indian aconite) in equal quantity. Mix all the *parpam* and grind them with *Trikadugu* decoction

(A decoction preparation of dried ginger, pepper and long pepper) for 6 hours (2 *samam*). Then it is kept in a crucible covered by seven layers of soiled clothes. Then it is allowed to dry. After that, it is placed in the *'Valluga* apparatus'. Heat them for 6 hours. Now the Aconitum ferox (Indian aconite) is added with the burnt matter, and these are ground with dog's bile. The ground matter is made into pills, in the size of chicken pea and dried and kept in a closed container. One tablet is given with boiled tender coconut water in morning and evening for *Anthaga Sanni Noi*.

Note

In these kinds of preparation, Aconitum napellus (Indian aconite) or other vegetable matter should not be added with the mineral *parpam* preparations (like rasam, copper, plumbum *parpam*) before it is ground and burnt.

Indian aconite or other vegetable matter should be added and ground with bile only after the *parpam* mixture is burnt.

Decoction for *'Anthaga Sanni'*

Take Vitex negundo leaves, Mollugo cervinana, Pavonia odorata, dried Cucurbita maxima stem, (Sugar pumpkin stem) dried ginger, and long pepper each of 5.1 gm. and add 16 *allakku* water (1 *allakku* – 168 ml.) (or 2 *nazhi* 2.6 litre). Boil them until it reduces into 1/8 part, and filter them. Suitable dose of the decoction is taken with honey in morning and evening for *Anthaga Sanni Noi*.

4. *Sankara Bairavam* for 'Rutthanga Sanni'

Take copper, mercury and iron (Yavatcharam), alum and satthicharam (salt containing the ingredients of fuller's earth, common salt and nitresal ammonia) in equal amount. Grind them with *pancchakola* decoction (decoction prepared from the dried ginger, long pepper, long pepper root, black pepper

creeper (stem), Ceylon red wort (Plumbago zeylanica) for one day. Then it is kept in the crucible and the crucible is covered by soiled cloth. After that, it is allowed to dry. Now it is placed in the '*Valuga* apparatus' and heated for 3 hours and allowed to cool. Grind them well in the mortar until it appears like gum. Make them into pills form (weighing 140mg.) These pills are now allowed to dry in the shady place. Then these will be kept in an air –tight container.

One tablet or pill is given with honey in morning and evening times for *'Rutthanga sanni noi'*

Decoction for *Rutthanga sanni*

Take Andropogan muricatus (khus-khus root), Vetiveria ziza*noi*des, dried ginger, Mollugo cerviana, Glycyrrhiza glabra (Indian liquorice) and Clerodendron serratum in each of 5.1 gm. and pound them well. Add 2.6 litre water and boil them until it reduces into 1/8 part and filter them.

Optimal dose is given with breast milk and purified oxbile *(korosanam)* in morning and evening for *'Rutthanga Sanni Noi'*.

5. *'Mathana Bairavam'* for *'Siddaviprama sanni'*

Take mercury *parpam*, sulphur *parpam*, copper *parpam*, purified red orpiment (Arsenic disulphidum) and rock salt (Sodium chloride impura) in equal amount and grind them with Solanum xanthocarpum fruit juice and Solanum melongena fruit juice (riped brinjal). Keep the ground matter in the crucible and cover it by a mind cloth, place the crucible in '*Valuga* apparatus' and heat them for a day.

Allow them to cool. Now take the burnt matter and grind them with cow's bile in the matter.

Then make them into pills in the size of a chicken pea. Allow the pills to dry in a shady place. Then collect the pills

in an air-tight container. One tablet is given in morning and evening with *Trikadugu* decoction (prepared from dried ginger, pepper and long pepper) for *siddhaviprama sanni noi.*

Decoction for *Siddhaviprama sanni*

Take Nymphaea lotus tuber (water lily tuber), lotus tuber, Glycyrriza glabra (Indian liquorice), Tinospora cordifolia, Nelumbium speciosum flower (coil of lotus stalk), root of the Momordica dioica (wild snake ground root), Bassia longifolia flower (flower of Indian Butter tree), Solanum melongena (Brinjal), Clerodendron serratum, and dried ginger each of 5.1 gm. Add 2.6 litre water and boil them until it reduces into 1/8 part and filter it. Optimal dose is given with breast-milk and long pepper powder in morning and evening for *'Siddhaviprama Sanni Noi'.*

6. '*Anantha Bairavam*' for 'Seethanga Sanni'

Take Stannum (Tin) *parpam*, plumbum *parpam*, mercury *Parpam* (Hydrargyrum *parpam*), Copper *parpam*, Iron *chendooram*, Borax powder (Venkaram), Redsulphide of mercury (Lingam), Sulphur and yellow Arsenic in equal amount. Grind them well with *Tripala* decoction (Decoction prepared from Chebulic myrobalan, Chebulic belerica and Embelica officinalis fruit). The ground matter is tied down in the *Tripala* decoction as per the *'Thulayanthiram'* techniques, and heat for 15 days. Then it is collected and ground with snake bile for 3 hours in a mortar.

The ground matter is made into pills in the size of wild liquorice seeds (Abrus precatorius) and dried in shady place.

One pill is given with optimal dose in morning and evening for *'Seethanga Sanni Noi'*.

Decoction for '*Seethanga Sanni Noi*'

Take Elettaria cardamomum (cardamom), Syzygium aromaticum (Clove), Santalum album (Sandalpowder), Cucurbita maxima stem (Pumpkin stem), Lagenaria vulgaris stem (Bottle gourd stem), Solanum trilobatum root, and dried ginger each of 5.1 gm. Add 2.6 litre water and boil them until it reduces into 1/8 part and filter it. Optimal dose is given with honey in morning and evening for '*Seethanga Sanni* Suram'.

7. '*Manohara Bairavam*' for '*Santhiga Sanni*'

Take *Sathiccharam,* (A prepared acid salt derived by filtering a boiled solution of a mixture consisting of Nitresal ammonia, fuller's earth and common salt), mercury *Parpam*, Alum, *Pancchalavanam* (combination of Sindh salt, rock salt, common salt, glass gall and nitre) and Pottasium carbonate impura in equal amount. And pound them well. Then Grind them with Calotropis gigantea root decoction (Gigantic swallow wort root) for 3 days. Then keep the ground matter in the crucible (which is usually used for melting metals), cover it with soiled cloth. Put the crucible in the '*Valuga* apparatus'. Heat them for a day, then allow to cool. Grind the burnt matter with donkey's bile in the mortar, then make them into pills in the size of black gram (Phaseolus roxburghi). Allow them to dry in a shady place. Collect and keep them in an air-tight container.

One tablet is given in morning and evening for '*Santhiga Sanni Noi*'.

Decoction for *Santhiga Sanni*

Take Adathoda vasica leaves (malabar nut leaves), Solanum melongena leaves, Solanum trilobatum, root of the Hemidesmus indicus (Indian sarsaparilla) root of the Sida cordifolia (root of the country mallow), dried ginger (Zingiber

officinale), Cyperus rotundus (Nut grass) Hedyotis corymbasa. Santalum album and flower of the Bassia longifolia (Indian butter-tree flower) each of 10.2 grams. Add 2.6 litre water and boil them until it reduces gap into 1/8 part and filter them. Optimal dose is given in morning and evening for *'Santhiga Sanni Noi'*.

8. '*Suvacchantha Bairavam*' for '*Kandakupsa sanni noi*'.

Take plumbum *parpam* (pb), borax powder (venkaram) purified sulphur, Aconitum ferox (Indian aconite), and mercury *parpam* in equal quantity grind them well except Aconitum napellus (Indian aconite) with *Tripala* decoction (a decoction preparation of Chebulic myrobalan, Chebulic belerica and Embelica officinalis fruit) for 2 days. Then keep the ground matter in the crucible and cover the crucible by soiled cloth. (smeared with earth), put the crucible in the '*Valuga* apparatus' and cacine them by heating. Then allow them to cool. The burnt ash is now tied down in the Tripala decoction' as per the *'Thulayanthiram'* technique. Heat them for 6 hours. Then it is collected and Aconitum napellus (Indian aconite) is added in quarter amount of its weight (The weight of the *Thulayanthiram* and product). Now the mixture is ground with pig's bile. Then the ground matter is made into pills, in the size of wild liquorice seeds (Abrus precatorius). Allow the pill to dry in shady place. Keep the pills in an air-tight container.

One tablet is given in morning and evening with ginger juice and honey for *'Kandakupsa sanni noi'*.

Diet Restrictaion

Give only curd rice and water.

Decoction for '*Kandakupsa sanni*'

Take Picrorhiza scrophulariflora, Cedrus deodara (Pinus Deodara), Himalayan cedar, Borax powder (Sodium biborate),

Allium cepa (Onion), dried Ginger (Zingiber officinale), Vitex negundo leaves (leaves of the five leaved chaste tree), Pavonia odorata, Solanum xanthocarpum and Cucurbita maxima stem (pumpkin stem) each of 5.1 gms and pound them well. Add 2.6 litres of water and boil them until it reduces into 1/8 part and filter them.

Optimal dose is given with pepper powder and ginger juice in morning and evening for *'Kandakupsa sanni noi'*

9. *'Kalyana Bairavam'* for *Karniga sanni*

Take mercury *parpam*, purified sulphur, purified zinc sulphate, purified plumbum, long pepper (Piper longum), Syzygium aromaticum (clove), purified white arsenic (Arsenum acidum) and black variety of Aconitum ferox (Indian aconite) in equal amount, except the vegetable matter (long pepper, clove, and aconite). Pound the other mineral matter and grind them with Plumbago zeylanica root bark decoction (Ceylon lead wort) for a day. Then roll them into pills. Keep the pills in crucible and cover it by a mud cloth. Put the crucible in the '*Valuga* apparatus' and heat them, by the flame of lotus shape then allow them to cool. Add long pepper, clove and Indian aconite in 5 part of the weight of burnt mortar (end product of '*Valuga* apparatus')

Grind them with 'sol' fish bile and make them into pills in the size of black pepper. Then allow them to dry in shady place. One tablet is given in morning and evening with tender coconut water, milk and sugar for *'Karniga Sanni Noi'*.

Decoction for the *'Karniga Sanni'*

Take lesser variety of Alpinia galanga (lesser galanga) Cedrus deodara (pinus deodara), Picrorrhiza kurroa, Clerodendron serratum, root of the Solanum melongena (Brinjal – Egg plant), Embelia ribes *(Vaividangam)* and dried

Zingiber officinale (ginger) each of 5.1 gm. and pound them well. Add 2.6 litre water and boil them until it reduces into 1/8 part and filter them. Optimal dose is given in morning and evening for *'Karniga sanni noi'*.

10. *'Sanni batha Bairavam'* for *'Rattheetivi sanni'*

Take mercury *parpam*, *abraha parpam* (calyx preparation of mica) purified sulphur, black variety of Aconitum napellus (Indian aconite), Plumbum *parpam* and borax powder in equal amount and grind them with Gigantic swallow wort milk (Calotropis gigantea) for 7 days. Then the ground matter is tied down in the gigantic swallow wort milk as per *'Thulayanthiram'* technique and heat them for a day.

The burnt matter is now ground with peacock's bile and fish bile for 3 days. Then it is preserved in hallow bamboo. Make them into tablet form in the size of black grams.

One tablet is given with suitable adjuvant in morning and evening for *'Rattheetivi sanni noi'*.

Decoction for *'Rattheetivi sanni noi'*

Take Cucurbita maxima stem (pumpkin stem), Cyperus rotundus (nut grass), Borax powder, Fumaria officinalis (common fumitory) leaves, root of the Solanum melongena (Brinjal root), Coriandrum sativum seeds (coriander seeds), Hedyotis corymbosa dried ginger, and Hemidesmus indicus (Indian Sarsaparilla) root each of 5.1 gm. and pound them well. Add 2.6 litre water and boil them until it reduces into 1/8 part and filter them. It is given in optimal dose in morning and evening for *'Rattheetivi Sanni Noi'*.

11. Decoction for *'Simmaha Sanni'*

Take Rock salt (Sodium chloride impura), Borax powder, Allium sativum (garlic), dried ginger, Pavonia odorata root, Tinospora cordifolia, leaves of a variety of Citrus and Vitex

negundo leaves (four leaved chaste tree) aurantum each of 10.2 gm. and pound them well. Add 732 mg. (½ kasedai) of long pepper and 2.6 litre water. Boil them until it reduces into 336 ml. *(1 Ualakku)* and filter them. Optimal dose is given in morning and evening for *'Simmaha Sanni noi'*.

12. *'Karunya Bairavam'* for *'Piralaba Sanni'*

Take mercury *parpam* (*parpam* of Hydrargyrum), and *Abraha parpam* (*parpam* preparation of Mica) in equal quantity and powder them. Then grind them well with Eclipta alba juice. The ground matter is now tied down into the Eclipta alba juice, as per the procedure of *'Thulayanthiram'* technique. Heat them for 3 hours. Then put them in the mortar and grind them with peacook bile for 2 days. Keep the ground mortar in the hollow bamboo for preservation.

It is given in the dose of black gram size in morning and evening times for *'Pralaba Sanni noi'*.

Decoction for *'Piralaba sanni'*

Take lesser variety of Hedysarum Alhagi (camel's thorn), Clerodendron serratum, root of Sida acuta, dried ginger (Zingiber officinalis), Andrographis paniculata (chiretta), root of the Solanum melongena (Brinjal root), and Cyperus rotundus (nut grass) in each of 10.2 gm. and pound them well. Add 2.6 litre water and boil them until it reduces into 336 ml. (1 *ulakku*) and filter them.

Optimal dose is given in morning and evening for *'piralaba sanni noi'*.

13. *'Vidharana Bairavam'* for *'Puknanethira Sanni'*

Take mercury *parpam*, Copper *parpam*, Plumbum *parpam* and linga *chendooram* (*chendooram* preparation of the cinnabar, Red sulphide of mercury (natural) in equal amount and grind them well with Calotropis procera milk. Now the

ground mortar is tied down into the Calotropis procera milk as per the procedure of *'Thulayanthiram'* technique. Heat them for 3 hours. Then collect them, and grind with deer's bile. It is given in the dose of wild liquorice seed size (Abrus precatorius seeds) for *'Puknanethira Sanni Noi'* with *Trikadugu* decoction in morning and evening.

Decoction for *'Puknanethira Sanni'*

Take root of the Stereospermum suaveolens, root of Nymphaea lotus (water-lily root), Premna integrifolia (Arani) root, greater variety of Acacia speciosa (Sirisa tree root), Piper nigrum (black pepper), dried ginger, lesser variety of Coriander seeds (Coriandrum sativum), root of Hemidesmus indicus (Indian sarsaparilla root), Greater variety of Coriander seeds, Sida cordifolia root (country mallow root), Pavonia odorata root, Solanum xanthocarpum and Tribulus terrestris (small caltrops) each of 10.2 gm. and pound them well. Add 2.6 litre water and boil them until it reduces into 336 ml. and filter it. It is given with equalvent amount of ginger juice in morning and evening for *'Puknanethira Sanni Noi'*.

14. *'Karalvala Bairavam'* for *'Abinniayasa sanni'*

Take mercury *parpam*, Satthi charam (a prepared acid salt derived by filtering a boiled solution of a mixture consisting of nitresal ammonia, fuller's earth and common salt, Ammonium chloride salt (Navaccharam), alum, *Trikadugu* (dried ginger, pepper and long pepper), Tribala (Chebulic myrobalan, Chebulic bellerica and Emblica fruit) root of the Plumbago zeylanica (Ceylon lead wort), *Panccha lavanam* (five salts-Sindh salt, rock salt, common salt, glass salt and nitre), Pottasium carbonate impura, purified sulphur, roots of the black variety of Aconitum napellus (Indian aconite), Ferula asafoetida (Asafoetida), Vitis quadrangularis (Sans-Vajravalli), typhonium trilobatum, Mangifera indica, (mango tree) and Calotropis gigantea (Gigantic swallow wort)

equal quantity and ground for two days. Now the ground matter is to tied down into the Calotropis gigantea decoction as per the procedure of the *'Thulayanthiram'* technique. Heat them for 6 hours. Then collect the burnt matter and grind them with dog's bile. Then keep them in dried coconut shell for preservation.

It is given in the dose of wild liquorice seed size (Abrus precatorius) with suitable adjuvants in morning and evening for '*Abinniyasa Sanni suram*'.

Decoction for *'Abinniyasa Sanni'*

Take Michelia champaca flower (yellow champa flower), Coriander seeds (Coriandrum sativum), Picrorrhiza kurroa, Nardostachys jatamansi (musk root), Nymphaea lotus (water lily), Saussurea lappa (costus), Nymphaea lotus tuber, dried ginger and Mollugo cerviana each of 10.2 gm. and powder them. Add 2.6 litre water and boil them until it reduces into 1/8 part and filter it.

Optimal dose is given with equal amount of ginger juice and long pepper powder in morning and evening for *'Abinniyasa Sanni'*.

Drugs used for all kinds of *'Sanni' Noi.* (delirium)

'Akkini Sanjeevi Kumaran' tablet.

Preparation

Take purified copper, steel, bronze, iron, red Orpiment, Yellow Arsenic, *Tripala* (Chebulic myrobalan, Chebulic bellerica and Emblica fruit), Black variety of Aconitum napellus (Indian Aconite), purified mercury (Hydrargyrum), Borax powder and *Trikadugu* (dried ginger, pepper and long pepper) in equal amount. Pound them all, except the purified long pepper and the black variety of Aconitum napellus

(Indian Aconite). Then grind them with Aloe vera juice (Aloe Juice) for 12 hours.

Keep the ground matter in the crucible, and cover it with mud cloth, put the crucible in the '*Valuga* apparatus' and heat them for 36 hours with mild flame like lotus bud. Allow the burnt matter to cool. Then add black variety of Aconitum napellus (Indian aconite) and long pepper in 1/15 part of the total weight of the burnt *chendooram*.

Grind the mixture with *'Vellulli thailam'* garlic for 6 hours. Then made them into pills in the size of wild liquorice seeds (Abrus precatorius). Now these tablets are allowed to dry in the shady place.

Then keep the pills in a container. The container should be kept in the middle of a heap of paddy for 40 days.

One pill is given with ginger juice and honey in morning and evening for 18 types of *Sanni suram.*

'Collyrium' or 'Eye-slave' for all kinds of *Muppini Noi.*

1. Take seeds of Acacia speciosa (Sirissa tree seeds), dried ginger, long pepper, pepper and rock salt (Sodium chloride impura) in equal amount. Grind them well with cow's urine, and make them into pills. Allow the pills to dry.

One pill ground with cow's urine or lemon juice or with the breast milk be applied on the eye-lashes, whenever it is needed.

2. Take rock salt (Sodium chloride impura), seeds of the Mimusops elengi (Sinhakesara – Sanshi) and black pepper (Piper nigrum) in equal amount. Grind them well with cow's urine and make them into pills. Allow the pills to dry.

A pill is used as collyriun for *'Sanni'* (delirium) only once.

3. Take rock salt (Sodium chlloride impura), Ferula asafoetida (Asafoetida powder) and long pepper (Piper longum) in equal amount. Grind them well with cow's ghee (ghee prepared from cow's milk). Collect and keep them in a small container. It is used as an ophthalmic ointment.

4. Take rock salt (Sodium chloride impura) seeds of Ricinus communis (Castor seeds) and black pepper (Piper nigrum) in equal amount. Grind them well with lemon juice, then make it into pills form. One pill is rubbed with lemon juice and applied in the eye, as ophthalmic liniment.

5. Take Ferula asafoetida (asafoetida), rock salt (Sodium chloride impura), long pepper (Piper longum) and eye of the common kite in equal amount. Grind them well with lemon juice and make then into pills. Then allow the pills to dry.

A pill is rubbed with lemon juice and applied on the eye as collyrium once.

6. Take the kernel of the Chebulic myrobalan, (Terminalia chebula) kernel of the Terminalia bellerica seeds (Belleric myrobalan), rock salt (Sodium chloride impura), Ferula asafoetrida (Asafoetida), dried ginger, long pepper and pepper in equal amount. Grind them with cow's urine, and make them into tablets. A tablet is rubbed with breast milk or gingelly oil (Sesamum oil) and or with lemon juice and applied in the eye as ophthalmic liniment.

'Snuff' and 'Nasal drops' for all kinds of *'Muppini Noi'*

1. Dried and powdered kernel of the Ricinus communis (castor-seeds) is used as snuff for *'Muppini Noi'*.

2. The mixture of powdered pepper with castor oil (Ricinus communis) is used as nasal drops for *'Muppini Noi'*.
3. The mixture of the honey and castor oil is used as nasal drops.
4. Take dried ginger *chooranam*, pepper *chooranam* and long pepper *chooranam*. Mix them with Sesbania grandiflora leave juice (Agathy leave juice). This mixture can be used as nasal drops.
5. The mixture of long pepper powder (Piper longum) in the Daemia extensa milk, may be used as nasal drops.
6. Take Momordica charantia leave juice, (Bitter gourd leaf juice), Allium sativum (garlic), pepper powder (piper nigrum) and rock salt (Sodium chloride impura). Grind them well and the mixture is used as nasal drops.
7. Take the root of the Aristolochia indica (Indian birthwort root), and the seeds of the Aristolochia Indica in equal amount. Pound them well. Add pepper powder (Piper nigrum) in ½ part of the weight of the pounded matter.

   This mixture is used as 'snuff' for *'Sanni'* (delirium).

Fumigation for *'Muppini Noi'*:

1. Take Balsamodendron mukul (guggul), Brassica juncea (Brown mustard), Piper longum (long pepper), Nigella sativa (Black cumin seeds) leaves of the Caesalpinia bonduc (Molucca bean leaves), Calotropis gigantea flower (Gigantic swallow wort flower), Sacred Kusa grass (Poa-Cynosuroides). Ferula asafoetida (Asafoetida), and chebulic myrobalan (Terminalia chebula) in equal quantity. Soak them in Castor oil (Ricinus communis). Fumigate the soaked by smouldering. This fumigation is indicated for *Sanni*.

Take deer's dung, covering layers of the garlic (Allium sativum), wild boar's dung, Carum roxburghianum, caterialacca (lae), Ferula asafoetida (Asafoetida), rock salt (Sodium chloride impura), peacock feathers, leaves of the Caesalpinia bonduc (Physic leaves), snake skin, skin of the green coloured garden lizard (common agemaid lizard), Scorpion sting, and feathers of the (wings) black stinging wasp (sphegidae insecta) in equal amount. Pound and powder them well.

Inhale the smouldering of the powder. It is useful in the diseases of the very serious *Sanni Noi* (delirium cases).

Our experienced medicines, very useful for all kinds of fevers

***'Sura Nivarani'* No. 1 (No-1 medicine for fever).**

Ingredients

(i)	*Linga chendooram* (*Chendooram* preparation of cinnabar)	– 1 part
(ii)	*Kasthoori chendooram*	– 1 part
(iii)	*Vasantha* tablet powder	– 1 part
(iv)	P.S.M.M. *Parpam*	– 2 part.

Mix the above preparations and keep the mixture in a container.

This mixture is given in the dose of 2 to 3 pinch with equal quantity of *Talisathi chooranam* or B.P. stabilizer medicine and or *Amukkura chooranam*, mixed with honey twice a day.

To start with, ginger juice and honey are the best adjuvants for this medicine. It cures of fever within 2 or 3 days. Liquid diet should only be given during medication. Treatment also be given if constipation is present.

Vitex negundo, decoction (Five leaved chaste tree), Andrographis paniculata (chiretta) decoction, and Trichosanthes cucumerina (wild snake gourd) decoction, any one of these decoction is given as adjuvants with the 'Sura Nivarani No-1 medicine.

2. *Sura Nivarani*-No.2 (No.2 preparation for fever)

Ingredients:

1. *Sathilinga kattu chendooram* – 1 part
   (*Chendooram* preparation of cinnabar).
2. P.S.M.M. *Parpam* – 3 part
3. *Kasthoori chendooram* – ½ Part
4. *Sivanaramirtham* – 1 part.

Mix the above preparations and keep the mixture in a container. 2 or 3 pinch dose is given with equal quantity of *Talisathi chooranam* or B.P. stabilizer medicine, or *Amukkura chooranam* and or *Elathi chooranam*, mixed with honey in morning and evening, ginger juice with honey mixture is used as adjuvant in the first dose. This medicine cures *'Mukkuttra suram'* of initial stage. Liquid diet should only be given during the medicament followed.

Use: Vitex negundo decoction (five leaved chaste tree) or Andrographis paniculata decoction (chiretta) or Trichosanthes cucumerina decoction and or Tinospora cordifolia decoction, as adjuvants with this medicine.

3. *Sura Nivarani* – No. 3. (No. 3 Preparation for fever)

(i) *Sathilinga chendooram* (*chendooram* preparation of cinnabar). – 1 part.

(ii) *Korosanai* tablet *chooranam* or *Korosanai Kasthoori* tablet *chooranam.* – 1 part.

(iii) *Sarparasa kuligai chooranam* or *sivanaramirtham* – 1 part.

(iv) P.S.M.M. *Parpam*. – 3 part.

Mix the above preparations and keep them in a container 1 or 2 pinch dose is given with equal quantity of *Talisathi chooranam* or *Amukkura chooranam* or B.P. stabilizer *(Pittathikka Nivarani)* and or *Elathi chooranam*, mixed with honey in morning and evening. Ginger juice with honey in morning and evening. Ginger juice with honey mixture is used as adjuvant with the first dose. It cures all types of fever in early.

Only liquid diet should be given during the treatment.

Note

If the *kasthoori chendooram* is added with this preparation, it will cure the *'thontha thosha* fevers' too.

4. *Sura Nivarani* – No.4

(No. 4 –Preparation for the treatment of fever)

Ingredients:

(i) *Kalamega Narayana chendooram* – 1 part

(ii) *Sathilinga chendooram* – 1 part

(iii) *Kasthoori chendooram* – 1 part

(iv) *Thalaga karuppu* – 1 part

(v) P.S.M.M. *Parpam* – 4 part

Mix the above preparations and keep them in a container. 1 or 2 pinch of this mixture is given in *Amukkura chooranam*, mixed with honey in morning and evening. Ginger juice with honey mixture may be given as the 'adjuvant' or Adathoda vasica decoction and or *sarva sura* decoction (kudineer) may be chosen. (For *Sarva sura* decoction Refer – No – 9).

Preparation of decoction for all kinds of fevers).

This preparation (*Suram Nivarani* – No.4) is indicated in phlegmatic fever *(kapha suram)*, *kaphavatha suram*, phlegm aggregation, dyspnoea, and in the *sanni suram* cases.

Diet : Give only liquid food.

Dengue and Influenza fever remedy (Special)

(S.R. Pharma)

Ingredients:

1. *Linga kattu chendooram* – 10 grams.
2. *Kasthoori chendooram* – 20 grams.
3. P.S.M.M. *Parpam* – 20 grams.
4. *Vasantham* pills powdered – 20 grams.
5. *Amukkara chooranam* No-2 or *Thalisathi chooranam.* – 140 grams.

These are well mixed and bottled up.

Dose

5-10 grams twice a day may be given mixed with honey followed on the first day by one dose of ginger juice, honey and sugar.

Uses

Dengue, influenza and all other infective fevers are cured in 3 or 4 days or even earlier. If necessary *Nochi kudineer* (Vitex negundo), or *Nilavembu kudineer* (Andrographis paniculata – chiretta decoction) may be given in addition morning and evening.

***Nasiyam* - types :** (Ref. Theraiyar karisal)

Nasiyam – (Nasal drops).

1. It causes the 'end' to the 'headache' like diseases.
2. It acts like a 'Tiger' to the *'Kapha'* alias 'deer' which afflicts or troubles the body very much.

3. Using the Leucas aspera leaves as nasal drops by squeezing the leaves, cures the fever with rigor, and phlegm, and also the involuntary movements of the head (Parkinsonism)
4. 'Take Nelumbo nucifera flower (Lotus), tender leaves of the Ocimum sanctum (holy basil), common salt and Piper nigrum (pepper) in equal quantity and ground them well. Then make them into tablets and dry them under sunlight. Rub one tablet with breast milk and put a cotton piece in the rubbed matter and allow it to be drenched or soaked. Then the cotton is squeezed into the nostrils. It cures the fever with rigor (delirium), *mayakka suram,* fever causing emaciation, fever (*Sannibatha suram*) due to some intoxication, toxic delirium, opisthotonus, arthritis due to blood disorders, apoplexy which cause the gait disorder and dizziness or motion sickness.
5. Take golden silk cotton tree flower juice (Cochlospermum gossypium – false tragacanth flower) or palm toddy. Soak the tablet prepared above, (preparation No. 4) in the false tragacanth flower juice as in palm toddy. Allow a cotton piece to be drenched in the *nasiya* tablet, with the false tragacanth flower juice (or with the palm toddy) mixture.

Squeeze the cotton piece and allow the drops into the nostrils.

This nasal drops is indicated in Neurospastic disorders (*Narambu Vali noi*), diseases of the throat (tonsilitis), delirium, febrile conditions and in typhoid fever.

Nasal drops for 'delirium' ***(Sanni noi)***

Take anyone of the following:

Black variety of Ocimum sanctum leaves (Holy Basil leaves), Syzygium aromaticum (clove). Stalk of the Piper betel (Betel leaf), Leucas aspera flower and leaves of the

stalk Vitex negundo (Five leaved chaste tree). Squeeze it and the drops applied as *'Nasiyam'*. Clove soaked in breastmilk may also be squeezed into the nostrils as *'Nasiyam'*.

***Nasikaparanam* (snuff):**

Take Mimusops hexandra root Solanum torvum root, Citrus aurantifolia root and Bassia longifolia (Indian butter tree) root, in equal amount. (Remove the unnecessary parts and take the root bark only).

Grind the root barks with Rhinacanthus communis flower juice and black pepper decoction (Piper nigrum) for 8 days each. Again it is ground with Achyranthes polygo*noi*des juice for 8 days. Then the ground matter is allowed to dry and powdered.

This powder is used as 'snuff' *(Nasikaparanam)* for diseases of *sanni* (delirium), vidabaham (anasarca and paleness), nasal diseases, head ache and sinusitis.

Another Preparation

Take Cynodon dactylon (Bermuda grass), Cleome viscosa leaves (wild or dog mustard leaves), Syzygium aromaticum (clove) and dried, round piece of cow's dung in equal quantity. Make then dry and as powder. This powder is used as 'Snuff' – *Nasikaparanum.*

3. AMMAI
(MEASLES, CHICKEN POX etc.)

Aetiology

Ammai Noi, is caused due to the derrangement of *Azhal, Kapha* and *thontha* humours.

Medicines for purgation and vomiting in '*Vaisoori Noi*'

'*Patharatchai kuru parpam* – This is nothing but the burnt ash of the old leather. It is given in the dose of three pinches with boiled and chilled water, three times a day, immediately after the symptoms of *Ammai Noi* appears. It alleviates the disease and decreases the severity and definitely gives life to the patient.

Drugs for purgation and vomiting in '*Vaisoori Noi*'

Take Tylophora asthmatica (Anthrapachaka root) and remove the internal root branch to take the root bark. Grind the root bark with warm water. The ground matter is given in the dose of Alexandrian laurel seeds size (Calophyllum inophyllum – *Punnai kai*) with warm water in the morning for purgation and vomiting. After the purgation and vomiting rice conjee should be given in the afternoon for getting relief from tiredness. It also corrects the deranged and exceeded humour and alleviates the severeness of the *Ammai Noi.*

The next day, after the medicine is given, take tamarind leaves, sword Bean leaves (Canavalia ensiformis leaves) and Onion (Allium cepa) in equal amount. Grind them well and mix the ground matter with rice water *(Nisi neer)*, stir and squeeze them well and then filter. The filtered water is given in the dose of 250 ml, for three days in morning time only.

It is actually given as an antidote to the Tylophara asthmatica root bark which had been given for vomiting and purgation purpose.

Another preparation

Take Artocarpus integrifolia leaves (leaves of the small jack tree), Boerhaavia diffusa root (spreading hog-weed), and *Thavasu murungai samoolam* in equal amount. Grind them well. Add rice water and mix them well. Then squeeze the mixture. The juice (squeezed) is given in the dose of 250 ml. mixed with ground Cuminum cyminum (cumin seeds) and the onion (Allium cepa), for three days only in morning.

Treatment for weakness of the body due to warmness in *Vaisoori Noi*

(i) Grind the cumin seeds (Cuminum cyminum), Strychnos potatorum nut (clearing nut), Cyperus rotundus (nut grass) and Oxbile (fel bovirum purifactum) with the boiled tender coconut water. It is given with honey.

(ii) **Another preparation :** Take *'Sukkan stone'* ¼ *palam*, deer horn – ¼ *palam* and Rhinocerous horn – ¼ *palam*. (Rhinoceros unicornis horns). Grind them well with warm water or boiled tender coconut water.

The ground matter is given for *'kranthal'* (warmy feeling)

(iii) Another preparation

Take the male buffalo's dung mixture. Mix the burnt ash of earth worm in 5 *varagan* (1 *varagan* – 4.2 gm.) and little amount of ground cumin seeds (Cuminum cyminum) with the dung water. It is given for 'warmy feeling' – *(Kranthal)* in '*Vaisoori noi*'.

(iv) Another preparation

Take small jack tree leaves (Artocarpus heterophyllus) and soak them in rice water. Mix and stir well and squeeze the leaves. The juicy water is given in a dose of 250 ml. for *'Kranthal'*.

Medicines for diarrhoea in '*Vaisoori Noi*'.

Take the leaves of Ficus infectoria and pound them well. Then mix them with rice water and squeeze the juice. The juice is given for three days.

Another

Take dried ginger, ribs of the muricatus (khus-khus root) and Cyperus rotundus (nut grass) in equal quantity. Fry them well and prepare decoction adding water.

This decoction is given for diarrhoea.

Another

Take Sida acuta root, Syzygium aromaticum (clove), and Momordia dioica (wild snake gourd). Pound them well and prepare decoction as per procedure. This decoction is given for diarrhoea.

Another

Take Ficus bengalensis seeds (Banyan tree seeds), Ficus racemosa seeds (cluster-fig, Peepultree), Odina wodier tree (Rhus obna), Ficus infectoria, Abutilon indicum (The country mallow) and Memecylon edule (Ironwood – tree), and dried ginger in equal quantity and prepare decoction as per procedure. This decoction is given for diarrhoea in '*Vaisoori Noi*'.

If diarrhea occurs with tenesmus

Cooked onion (Allium cepa) with the cow's ghee is given for diarrhoea with tenesmus.

Note

For tenesmus, some external medicines are also prescribed.

Take Onion (Allium cepa) and cut it. Cook the pieced onion with ghee or castor oil (Ricinus communis oil) or with

coconut oil. Then keep the cooked onion in a clean cloth and tie them within the cloth. Do fomentation around the anus, and apply the cooked onion on the anus and tie them with a bandage cloth.

This external medicament is also followed for tenesmus in haemorrhoids.

Another

Take Tinospora cordifolia, Cyperus rotundus (nutgrass), and purified dried ginger (remove outer layer) in equal quantity. Fry them well and prepare decoction as per procedure. This decoction is given thrice a day for diarrhoea.

Another

Take Gossypium herbaceum (Indian cotton tree unripe fruit), Ficus racemosa tender unripe fruit (tender unripe fig), Myristica fragrans (nut meg) and cumin seeds (Cuminum cyminum) in equal quantity and grind them with butter milk.

The pound matter is given for diarrhoea.

Treatment for '*Athi suram*'

Take shavings of the deer horn and soak them in water. Stir and mix them well. This water is given as 'adjuvant' with the deer horn *parpam* (Dose – 1 varagan - 4.2 gm.) for diarrhoea, athisuram and dysentery.

The mixture of onion juice (Allium cepa) and cow's ghee is given for diarrhoea with mucus and blood.

Treatment for diarrhoea with blood

(i) Take the matured Blackberry plant bark (Eugenia jambolana bark) and pound them. Mix them well with cow's milk and squeeze. Then filter. The juice is given in the dose of 250 ml. for diarrhoea with blood and also for dysentery.

(ii) Another preparation

Take the white variety of Bauhinia variegata root bark, Onion (Allium cepa) and Cumin seeds (Cuminum cyminum). Grind them with goat's milk. It is given for dysentery.

(iii) Another preparation

Cooked onion with cow's ghee is given for dysentery. These are very good and prevent medicines.

(iv) Another preparation

The decoction preparation of Pandanus odoratissimus (fragrant screwpine) or the decoction preparation of the Asparagus racemosus (sans – shatavari) is given for dysentery with blood. (Amoebic dysentery).

Treatment for constipation in '*Vaisoori Noi*'

In *Vaisoori Noi* if constipation presents, obese, and abdominal distension will be there. Treatment for this constipation: Take onion (Allium cepa) and sugar candy - each of 5 *varagan* (1 *varagan* – 4.2 gm.). Grind them well and mix with 250 ml. of castor oil (Ricinus communis oil). It is given in optimal dose in one time for the evacuation of bowel. It also relieves the abdominal distension and improves the body condition.

Treatment for thirst in '*Vaisoori Noi*'

Take the deer horn and soak it in water. Allow it to dry. Collect the powder of the Sawn deer horn (by file) (70 gm). Soak the powder in boiled and chilled water. The filtered water is taken for thirst whenever requires. The water should be renewed once in three days.

Decoctions for fever in '*Ammai Noi*'

Take the root bark of the lemon tree (Citrus limon), Tinospora cordifolia, Elettaria cardamomum (cardamom

seeds), Mollugo cerviana, Santalum album (sandal), Cyperus rotundus (nut grass), and Andropogan muricatus (khus-khus root) each of ½ *palam* and prepare decoction as per procedure. It is given in optimal dose in morning and evening for fever.

Another preparation

Take Cycas circinalis male bracts (of the flower) in 5 *varagan* (1 *varagan* – 4.2 gm) prepare decoction as per procedure. It is given in optimal dose in morning and evening for fever.

For quick relief, the *korosanai* tablet may be given rubbed with this decoction.

For the hoarsness of voice in '*Vaisoori Noi*'

The *Korosanai* tablet is given, rubbed with the juice of Anisochilus carnosus (Thick leaved lavender). In addition the mixture of Punica granatum (Pomegranate flower decoction) Lemon juice (Citrus limon) and honey in equal quantity, is used for gargling and also for the application in the pharynx.

It cures hoarsness rapidly. But it should not be taken internally.

Treatment for Eye diseases in '*Vaisoori Noi*'

Pack the cumin seeds (Cuminum cyminum seeds) in a clean cloth. Soak the pack in the breast milk and dot the fomentation around the eye which relieves pain.

Another preparation

Take the cooked rice in warm heat and mix the butter with the rice, and pack them in a clean cloth. Soak the pack in the rice water and do the fomentation around eyes. It cures *'Vizhi Vithanum'* (a kind of eye disease) and stops the over lacrimation.

Medicine for cataract (caused by excessive heat) in '*Vaisoori Noi*'

Take, clean tender Borassus flabellifer leaves (Palmyra palm tender leaves) and cut them. Squeeze the leaves and allow the drops into the eye. It cures cataract.

Another preparation

Take the flowers of the Moringa oleifera, Tribulus terrestris (small caltrops), Tabern-aemontana coronaria (east Indian Rose – bay) and cumin seeds (Cuminum cyminum). Pound them or rub and squeeze them. The extracted juice is applied in eyes.

Another preparation

Take the Emblica officinalis leaves (Indian gooseberry leaves) and prepare decoction as per procedure. This decoction is used for the cleansing purpose to prevent vesicular eruption in eyes and also for cataract.

Another preparation

Prepare the porridge *(Kool)* from the pennisetum typhoideum (pearl millet, spiked millet, cat- tail millet). Dilute the porridge by adding water and mix them well. Allow it for a while to clear itself. Take the supernatent liquid and use it for cleansing purpose. It is also taken internally for vesicular eruptions in eyes.

Medicines for the prevention of vesicular eruptions in eyes:

Blow the air to the patients eye, just after chewing the flower (including the stalk) of Allium cepa. It also subsides the vesicular eruptions eventhough it appeared early.

Medicines for haemorrhage by mouth and haematuria

Take five earth worms, clean and dry them. Then burn them to ash. Add Hemidesmus indicus root bark *chooranam*

(powder), Indian sarsaparilla and swan deer horn powder - each of 2 *varagan* (root bark) (1 *varagan* – 4.2 gm).

Grind this mixture with water in which the swan deer horn powder has been soaked for a while.

The ground matter is given in optimal dose for haemorrhage. It is given for three days. It also cures internal heat *(Kranthal Noi)*.

Treatment for *'Vaisoori' soolai Noi*

In '*Vaisoori soolai*', the joints in upper and lower extremities get inflammated and become ankylosis. For these complaints the following medicine is given.

Take old roof straw and neem leaves in equal quantity and add water in required quantity and prepare decoction. The hot vapour of the decoction is used for fumigation (to inhale) and the solid remaining matter after the filtration, is used for the fomentation on joints.

These fumigation and the fomentation methods are to be continued for 6 days.

Another preparation

Take the whole part of the Macaranga roxburghi shrub and add required amount of water. Boil them for a while. Use the hot vapour for fumigation and the remaining solid matter as described in the above preparation.

This has to be continued for 13 days. Both the preparations are indicated for '*Vaisoori Soolai Noi*'.

External Medicine for unhealed ulcer

Take the Tamarind seeds (Tamarindus indicus) clean and dry them. Scrap the outer covering of the seeds and powder them well. Add fine scrapings of the ripe coconut fruit kernel.

Mix and knead them well. The oil extracted from the mixture by squeezing is applied on the vesicles and ulcers (unhealed). It heals the vesicles and ulcers rapidly. The application of this oil on the areas of skin peeled, it prevents the scar formation.

Internal medicine for unhealed ulcer

Take healthy bath on the seventh day after the '*Vaisoori Noi*' comes down. The internal medicine is taken on the seventh day morning.

Take unripe tender fruit of the Gossypium herbaceum (Indian cotton tree), unripe fruit of the Ficus glomerata (Unripe tender fig), Myristica fragrans (nut meg) and cumin seeds (Cuminum cyminum) in equal quantity. Grind them well with butter milk and the ground matter is given internally.

After this, the mixture of the neem leaves (Azadiracta indica), turmeric (Curcuma longa) and the Cynodon dactylon (Bermuda grass) is rubbed with butter milk and applied on the head and all over the body. Then take bath by using boiled and chilled water.

This medicament and the head bath should be continued for 3 times in alternate days.

After taken bath, the ground mixture of Azadiracta indica (neem leaves) and the turmeric (Curcuma longa) is used for external application on the ulcer.

Then use curd for the head application before taking head bath. This will reduce the (bathing purpose) internal warm sensation of the body. It is followed by the castor oil application on the head, and taking bath by using the 'Mimosa amara' leaves and Acacia concinna pods. That day when the patient taking the castor oil head bath, he should take the curd rice (liquified curd or butter milk) only. This procedure

improves health, if it is followed correctly. It also increases the appetite and the food intake. Body gets chillness. Boiled water with neem leaves is only used for bathing purpose.

Treatment for the disease which comes within 6 months after '*Vaisoori Noi*'

If any disease comes within the six months after to '*Vaisoori Noi*', the powerful and pungent medicines should not be given. Only the simple and cold medicines be given.

Description of *Marumul* (Rash of small pox)

In small pox, after the fever had subsided, the appearance and the disappearance of the vesicles will be there. After 6 days of the fever disappeared, the vesicles are subsided well and the skin begins to peel itself. Sometimes, the small papules will appear. If it is uncured, and the patient takes bath, the reappearance of the vesicular eruption in the same erupted regions will be there. The eruptions seem to be thorny.

These are called '*Varicella*' (marumul). The thorny eruption is followed by fever.

Decoction for '*Varicella*' *(marumul)*

Take Myristica fragrans (nut meg), Piper longum (long pepper), Syzygium aromaticum (clove), and the cumin seeds (Cuminum cyminum) in equal quantity and prepare decoction as per procedure. Put lemon juice and onion juice in a heated vessel and then mix the decoction and honey. This mixture is given in morning and evening.

External application for *Marumul*

Take country camphor and grind it with the Abutilon indicum juice (country – mallow juice). Add castor oil with the ground matter, and apply on the '*Marumul*' skin lesion.

Another preparation

Take new dung of horse and dissolve them in water, wait for three hours. Collect the supernatant of the solution and take internally. The supernatant is also used as adjuvant for other medicines given for '*Vaisoori Noi*'. It is given for all kinds of '*Vaisoori Noi*'. It has to be prepared freshly in every time.

This medicine should be taken for the whole duration of the disease (ie. from the infection started until it subsides). It cures fever, vesicular eruptions and ulcers in '*Vaisoori Noi*'.

Another preparation to prevent the exacerbation of '*Vaisoori Noi*'

Take the tiger's fat – 130 gm. and give it in a *peyan* variety of plantain fruit in a single dose to prevent the exacerbation of '*Vaisoori Noi*'. It also cures serious '*Panai mugari Noi*'.

Treatment for '*Payatrammai*' (small pox with vesicular eruptions of green gram size)

In '*Payatrammai*' the decoction preparations and the *parpam* which is also used in small pox are given especially, in hyperpyrexia state.

Treatment of measles

In measles which is caused by the derangement of *kapha* and *azhal* humours, the strong and pungent medicines are not usually given. But the decoctions and the *parpam* preparations already described in small pox may be given in measles casts too.

Some other Preparations:

(i) Take the leaves of Ocimum sanctum (holy Basil) Solanum xanthocarpum and Adathoda vasica (malabar nut) in one handful amount. Fry them with honey. Add 1 *padi* (1.6 litre) water, and Clerodendron serratum, Alpinia

galanga (galangal), Flacourtia catapracta (many spiked flacortia), Arillus of the Myristica fragrans (mace), Glycyrrhiza glabra (Indian liquorice) each of 2 *varagan* (1 *varagan* – 4.2 gm).

Boil them until it reduces into 1/8 part. It is given in optimal dose in morning and evening for fever. It also subsides the symptoms of '*Kapha Azhal Noi*'.

(ii) Take the ribs of Azhadiracta indica leaves (neem leaves), Murraya koenigi leaves, young tender leaves of Mangifera indica and the root of Citrus Lemon (lemon) in each of 1 *palam* (35 gm), pieces of garlic (bul). Add 1 *padi* (1.6 litre) water and boil them until it reduces into 1/8 part. It is given in the optimal dose in morning and evening for ulcers in (throat) phanynx and tongue (Pharyngitis and glossitis) and for diarrhoea.

(iii) Take Terminalia chebula gall (Indian gallnut), tender flower of Musa paradisiaca (Plantain tender flower), Allium sativum (garlic), Morinda citrifolia (Indian Mullberry), Lippia nodiflora leaves, leaves of Coccinia indica and the tender leaves of Mangifera indica. Pound them well and extract juice by squeezing. It is given in the dose of one teaspoonful twice a day for the above diseases.

(iv) *Lingathuvar* (*Padiga Linga chendooram*), *Pavala Parpam* (*parpam* preparation of the coral), *Poonkavi chendooram* (*chendooram* preparation of the Red Ochre), *Kattuvathi* tablet, and *Oozhi Mezhugu* (Wax like preparation for choleric diarrhoea). Any one of these preparations may be given according to the symptoms.

(v) It is also good to take three or four *peyan* variety of bananas and rice gruel (liquid food).

Treatment for Mumps

Decoctions for '*Pitha fever*' and the *parpam* and *chendooram* are given during the febrile condition of the disease.

Treatment for swelling in mumps

Application of neem leaves and turmeric (Azadiracta indica and Curcuma longa) ground matter may cure the swelling.

(i) Wearing the gold chain (ornament) in the neck may be good, since the gold presses the swollen area by its more weight. But the Siddha medicine says, the internal taking of gold *parpam* and *chendooram* preparations is better than wearing the gold chain in neck, since Gold naturally dispels or drives out the *'Kapha'*. (Mumps is called as *'Poṅnukku Veengi'* in Tamil, since the mumps swelling may be subsided by Gold – *Ponnukku* (for gold) *veengi* (Swelling).

Some times the Mumps swelling needs the surgical intervention. When the ankylosis of the temporomandibular joints with suppuration and throbbing and pricking pain occurs.

Sometimes, the mumps will not subside even after the infection period is over. It causes some complications viz. orchitis in males and mastitis in females.

Medicine for scrotal swelling due to orchitis

Take the powders of dried ginger, (Bonduc nut) and physicnut (Casesalpinia bonduc) in equal quantity. Grind them with white egg and apply over the swollen area.

(or)

Take neem leaves (Azadiracta indica) and turmeric (Curcuma longa). Grind them well. Apply over the swollen

area in poultice form. *'Mayana' thailam* may be used to reduce the swelling and pain. *'Kukil thailam'* is also good.

The same external application may be used for mastitis in females.

If scrotal swelling and mastitis are not cured by the external medicament, *Van Mezhugu* or *chitranda mezhugu* will be given with gold *Parpam* and *chendooram*.

Note

The pounded matter of fried rice, neem leaves and palm jaggery is circled around the patient's head and given to the children. It is customary that this practice is followed in the seventh day after the infection of mumps.

'Vaisoori Haram'

Take Adathoda vasika (malabar nut), Trichosanthes cucumerina (wild snake), cow's ghee, root of Azadiracta indica (neem root), neem leaves, Emblica fruit or Indiangoose berry (Emblica officinalis), Neer muttan (water turmeric tuber), Horse gram (Dolichos biflorus) Turmeric (Curcuma longa), leaves of Fumaria officinalis (common fumitory), Sapindus trifoliatus (soap nut), *acred* ach, Cyperus rotundus (nut grass), Cynodon dactylon (Bermuda grass), red variety of Abrus precatorius seeds (wild liquorice seeds – red), Andrographis paniculata (chiretta), lesser variety of Mollugo lotoidus, Coleus aromaticus (country borage) and leaves of the Centella asiatica are the drugs that cure '*Ammai Noi*'.

4. KURAL KAMMAL
(HOARSNESS OF VOICE)

Treatment

In *kural kammal*, the deranged *kapha* and *udhana vayu* have to be corrected. For this, purgation has to be done by *Asta Bairavam* or *Sanjeevi* tablet; or *Langathi* tablet or *Vacchirakandi* tablet (night pills) and or by *Seevarathina kuligai.* After purgation the following medicines shell be given.

1. Take 2 Adathoda vasica leaves (malabur nut), and Piper nigrum – 8 (pepper); grind them well and make them into pills. It is given in morning and evening for hoarsness.

For throat application:

2. Take Piper longum (Long pepper), Saussurea lappa (costus root), Glycyrrhiza glabra (Indian liquorice) and Anacyclus pyrethrum (pellitory of spain) each of *palam* ¼. Then powder them. Add honey and mix them. Swab the throat with this linctus.

3. Take Leucas aspera flower – (1) *varagan*, Elettaria cardomomum (cardamom seeds) – 4 *varagan,* grind them with honey. Taste the ground matter in optimal dose frequently or prepare the decoction as per the procedure and do gargle by using this decoction and then swallow. This has to be done three or four times a day.

4. *Talisathi vadagam* may be tasted with palm jaggery two or three times a day (Flacourtia cataprata preparation).

5. *Kasthoori karuppu* or *kasthoori chendooram* is given in the dose of 130 mg. or one or two tablets of *kasthoori* tablets given with the betal leaves for hoarsness of voice.

6. Take *Vasantha kusumagaram, korosanai* and /or *kasthoori* tablets; any of these, be given in the dose of one or two tablets 2 clove (dried flower buds) kept inside the betel leaves. It is given in morning and evening.

7. *Parpam* and *chendooram* preparations of *pavalam* (coral), *muthu* (pearl), gold and silver which improves the body condition (make stronger) are given singly or combined with other medicines with suitable base adjuvants.

8. **Another preparation:** Take 168 ml. of cow's milk (1 *alakku*) and add equal quantity of water, a piece of turmeric (Cur cuma longa) 20 – black pepper (Piper nigrum – (Dried unripe fruits). Boil them until it loses the moisture, then filter. Add palm jaggery in required quantity. It is taken in smaller doses and tolerable heat for pharyngitis, hoarsness of voice and for cough.

9. Take 168 ml. of cow's milk and equal quantity of water. Mix them and add a small piece of ginger (Zingiber officinale), Glycyrriza glabra (Indian liquorice), Anacyclus pyrethrum (Pellitory) and Saussurea lappa (costus root) each one piece. Boil them until it loses the moisture and then filter. Add palm jaggery.

It is taken in smaller doses in warm water once a day especially, in night time. It should be continued for three days.

10. Prepare *'Kandavizhtham'* as per procedure in Agathiar vaithiya Ratthina surrukkam'. It is applied on the tongue adding honey. It is indicated for seven *thoshas*, *sanni noi* (delirium) *navaratchi* (tongue dryness), *navazhuthal,* thirsty, hiccup, vomiting, *nakkaruppu,* hoarsness of voice, *vatha noi* and for ominous signs seen in *mukkuttra noi*. It is also given for *suga sanni noi*. (delirium due to sexual disorder).

Preparation of '*Kandavizhtham*'

Take the *parpams* of gold, silver, pearl, coral and deer, *sornavalai chendooram*, *Rasa chendooram* (*chendooram* of mercury), Glycyrrhiza glabra (Indian liquorice), Syzgium aromaticum (clove), Piper longum (long pepper), Elaeocarpus tuberculatus nut, Saussurea lappa (costus root), Anacyclus pyrethrum (pellitory), male cones of the Cycas circinalis, root of the Aegle marmelos (Bael three root) root of the Adathoda vasica (malabar nut) in equal amount. Grind them with breast milk. It is applied in the tongue, mixed with honey, whenever it is needed.

11. *'Kasthoori mezhugu'* is given in the dose of 130 mg. with honey in morning and evening (vide – Visha vaidya sinthamani).

Preparation

Take

Kasthoori – 1 *varagan* (*1 varagan* – 4.2 gm).

Musk	–
Moschus moschiferus	–
Borneo camphor	– 2 *varagan.*
Purified ox bile	– 3 *varagan* *(Korosanai)*
Dried stigmas and tops of the styles of Crocus sativus (saffron)	– 4 *varagan.*
Unctuous secretion of the civet cat *(Punugu)*	– ¼ *varagan*
Unctuous secretion of the Viverra zibetha (zibet – cat)	– ¼ *varagan*
Dried flower buds of Myrtus caryophyllus (clove)	– 4 *varagan*

Cubeba officinalis (Tail pepper) – 4 *varagan*

Dried immature full-grown fruits (cardamom seeds) (Eletteria cardamomum) – 8 *varagan*

and dried inner bark of the Cinnamomum cassia (Chinese cassia) – 8 *varagan.*

Pound the above and prepare *chooranam* and mix them well. Grind it for 3 hours with betel leaf juice (Piper betel leave juice), country borage (Coleus aromaticus), Solanum trilobatum juice (Alarka juice), Ginger juice (Zingiber officinale), Piper nigrum decoction (Black pepper decoction) and with Wedelia calendulacea juice individually. Allow the ground matter to dry in shadow. Add required amount of honey and grind them until it gets *'mezhugu'* state. Keep it in an air – tight container. It is given in the dose of 65-130 mg. with honey in morning and evening for 3 to 5 days.

It is indicated for *Sanni noi* (delirium), *Seethalam* (Phlegmatic condition), *Suram* (fever), *Kapharogam, Uppisam* (Abdominal distension), *Mantham* (Indigestion), *Mugavatha sanni* (Bell's palsy), *Soothaga sanni* (Eclampsia), cough, *Maradaippu* (Ischaemic Heart disease), *Nadukku vatham* (Parkinson's disease or extra pyramidal disease), *kural kammal* (Hoarseness of the voice), sneezing and for rhinorrhoea.

It is one of the most essential medicines to be kept by the physician at all times. This medicine should be given only according to the patient's condtion, and the severity of the disease. Diet restriction is also followed according to the diseases.

12. *Korosanai* tablet is given, rubbed with breast milk for hoarseness of voice in paediatrics.
13. Take the mound of earth thrown one by which ants or collect the white ant (Termes bellicosus) from the rick 4 to 5 in numbers.

Keep them in a clean cloth and tie the cloth. Crush them and then mix with the (conch – like) small cup of warm water. The water is given to the children suffering from *kural kammal* (hoarseness of voice). It is given in morning, evening and next day morning time only. (3 doses only). It is very experienced medicine, and it may be given to the children upto 6 months.

14. Take168 ml. of cow's milk and add equal amount of water. Add Alpinia galanga (galangal rhizome), Tragia involucrata root bark, and pepper in little amount. Boil them until it loses its moisture and then filter. It is given every day in night time only, adding with palm jaggery in warm heat. This is good for paroxysmal cough.
15. Take country borage – Coleus aromaticus leaves – 5 or 6 and little amount of Carum roxburghi (Ajowan seeds). Fry the ajowan seeds well until they are puffed. Then add the country borage leaves and cook them. Extract the juice from the cooked matter by squeezing. This juice is given in morning and evening for *kural kammal* (hoarseness of the voice) in children.

Note

The raw country borage leaves (4 or 5 numbers) are chewed (Coleus aromaticus) in morning and evening for cough due to tonsillitis.

Eena thoni nivaarani:

Clerodendron serratum, long pepper root, Murraya keinigii (curry leaves), Raphanus sativus (Indian Radish), Eclipta alba, Celosia argentea (Pannai keerai), leaves of the Acorus calamus (sweet flag leaves), nuts of the Elaeocarpus tuberculatus, Azima tetracantha, cumin seeds (Cuminum cyminum), Cardamom seeds (Elettaria cardamomum), honey, Root of the Piper nigrum (pepper root), Vitis vinifera (Grapes), Plumbago zeylanica (Ceylon adwort), Solanum nigrum,

Adathoda Vasica (malabar nut), Piper nigrum (pepper), Piper longum (long pepper), Solanum melongena (Egg plant), Cinnamomum cassia (Chinese cassia) Cinnamomum tamala (Cassia cinnamon), Dried ginger (Zingiber officinale), Alpinia galanga (galangal), Aquilaria agallocha (Aloe – wood), Solanum xanthocarpum, Scindapsus officinalis, Eugenia caryophyllata`(Clove) and the drugs for the *'Suvasa kasam'* and *'kapha rogam'* are generally said as drugs for the *'Kural Kammal Noi'*, *'Kuralkammal noi haram'* (Hoarseness of voice).

Kasa Suvasa nivaarani:

Clerodendron serratum, Azima tetracantha, Adathoda vasica (malabar nut), Ferula asafoetida (Assafoetida), Cumin seeds (Cuminum cyminum), chebulic myrobalan (Terminalia chebula), uripe fruits, Carum roxburghii (Ajowan seeds), Vitex negundo (Five leaved chaste tree), *Thalagam* (Yellow Arsenic trisulphate), *Manosilai* (Arseni Disulphidum – Red orpiment), Eclipta alba, Gossypium herbaceum (cotton tree) leaves, Solanum trilobatum, Mimosa paniculata, Trianthema decandra, Feronia elephantum (wood – apple tree), wood – apple, Acorus calamus (sweet flag) Shorea robusta (Resin of – sal tree), white variety of catech (Acacia catechu), Myristica officinalis (nut meg), Acacia catechu (Black catechu), Pottassium carbonate impura (Yavatccharam), Rhus succedanea (galls), Cedrus deodara (Himalayan cedar), Allium cepa (onion), Nardostachys jatamansi (musk root, Indian spikenard) Flacourtia cataphracta, Elettaria cardamomum (cardamom seeds), Ferula asafoetida (Asafoetida), Macrotomia uniflorum (Horse – gram), Wrightia tinctoria, sugar, wild variety of Erythrina indica (Indian coral tree), Celosia argentea, Celastrus paniculata (staff tree), Mesua ferrea (cobras saffron), Cinnamomum cassia (chinese cassia), Curcuma longa (turmeric), Heliotropium indicum (Heliotrope) leaves, superior variety of cannabis, peacock feathers burnt ash,

Phyllanthus emblica (emblica fruit – Indian goose berry), Pavonia zeylanica seeds of the Lawsonia inermis (Henna seeds), nuts of the Zizyphus jujuba (jujuba fruit) root of the Long pepper (Piper longum), (Beleric myrobalan (Terminalia chebula), dried fruits of Emblica officinalis (Emblica fruits dried), Cassia fistula (Indian laburnum), Alpinia galanga (Galangal), Aquilaria agallocha (Eagle wood), Saussurea lappa (costus root), Citrus limonum (lemon), Leucas aspera, Phyllanthus niruri, Plumbgao zeylanica (Ceylon lead wort), Mollugo spergula, flour of malabar arrow root (Curcuma angustifolia), cow milk, Sesbania grandiflora *(mookatthari).*

Zizyphus jujuba seeds (jujuba fruits – seeds), bark of the Zizyphus jujuba, Acalypha indica (Indian acalypha), Premna integrifolia, Ocimum sanctum (Holy Basil), Cassia occidentalis (Negro coffee), Gmelina arborea, Tribulus terrestris root (Small caltrops), Cinnamomum cassia bark (Chinese cassia), Cucumis trigonus (Bitter gourd) lesser variety. dried Zingiber officinalis, (dried ginger), greater variety of Mimosa sirissa (Sirissa tree), Strychnos potatorum (cleaning – nut tree), Raphanus sativus (Indian radish), Clerodendron phlomidis, Plumeria alba, Lippia nodiflora, Solanum xanthocarpum, root of the Aegle marmelos (Bael root), Solanum melongena (Brinjal root) root, *Sirumalli* – Jasminum angustifolium, Stereospermum suaveolens (Patala – sans) root, Piper nigrum (pepper), honey and root of the Piper nigrum are the drugs used for *'Suvasa kasam'* and *vikkal* (hiccup).

Saya Roga* (Tuber culosis) *nivaarani:

Piper nigrum (piper), Mimusops hexandra, Goat milk, Sida spinosa (Nagabala), Varanusp. Monitor lizard flesh (Udumbu) Cucurbita maxima (pumpkin), Gumelina asiatica, Coriandrum sativum (Coriander seeds), Phoenix dactylifera

(Dates), Vitis vinifera (grapes), cow ghee, butter, *Neermutton* – Asparagus racemosus, *Attavarkkam**, Withania somnifera, Tinospora cordifolia, root of the Rhina - canthus communis, Cyperus rotundus (nut grass), Nardostachys jatamansi, flower of the Bassia longifolia (musk root) flower of the Indian butter tree, honey and the drugs already described as *Suvasa* medicines are used for '*Sayarogam*' alias '*Kapha rogam*' disease.

* ***Attavarkkam* (Eight drugs)**

Cumin seeds, black cumin seeds, dried ginger, pepper, long pepper, rock salt, asafoetida and ajowan seeds are called as attavarkka drugs (Group of eight drugs).

5. MOOKKADAIPPU
(NASAL CONGESTION)

Treatment

The increased *Kapha* and the intense heat *(Azhal)* should be corrected. Treatment should also be given for nasal inflammation with the following:

(i) Nasal powder preparation – snuff

(ii) Nasal drops

(iii) Fumigation

(iv) *Thailam* for head bath.

(v) Internal medicines.

The *thailam* preparation for head bath and the internal medicines have to suppress the *azhal* (intensive heat) and the increased *kapha.*

(i) Nasal – powder preparation – snuff

The root of Bassia longifolia (Indian Butter tree root), Solanum torvum root and the root of Mimusops hexandra, any one of these is powdered and filtered and is kept in an air – tight container and used as 'snuff' whenever it is needed. Powdered Nicotiana tabacum dried leaves (Tobacco), or the cow's dung powder may also be used as 'snuff'.

(ii) Poultice

Take unctuous secretion of civet cat (Viverra ciretta) and seeds of Hibiscus rosasinensis (Chinese Rose seeds – common garden Hibiscus) in equal amount. Grind them with Sesbania grandiflora flower juice. Apply the ground matter over the head, forehead and nasal stem in 'poultice' form for *Mookkadaippu noi* (nasal congestion).

Another preparation

Take *neerkovai* tablet and rub it with breast milk or warm water. Apply the rubbed tablet over the forehead and dry it by the fumigation of Styrax benzoin resin (Gum Benzoin). It cures rhinorrhoea, heaviness of head and headache.

3. Fumigation

Take gum resin of Boswellia glabra (Indian Frankincense), Pterocarpus santalinus (Red Sandal wood), Acacia catechu bark (Black catechu bark), Cedrus deodara (Himalayan cedar) and bark of Cedrella toona (Indian mahogany tree) each of 1 *palam*, purified yellow Arsenic trisulphide *(Thalagam)*, purified Galena or sulphide of lead (Pbs), purified Red Sulphide of mercury (Cinnabar) and potassium nitrate - each of ½ *varagan* (1 *varagan* – 4.2 gm.), oil cake of Bassia longifolia (Indian butter tree) – 4 *palam.* Pound them well. Then add the juices of Datura alba leaves (Thornapple leaves), Daemia extensa and old leaves of Calotropis gigantea (Gigant swallow wort – *Erukku paluppu* – juice) in each of 42 ml. (¼ *azhakku*), and potassium nitrate *(vediuupu)* – 2 *varagan* (powder). Mix them well and grind them in a mortar. Apply the ground matter on thin clothes and roll them. Then allow the clothes to dry. Smoulder the clothes and fumigate the vapour in morning and evening for three days. It cures '*mulai mookadaippu*'. It is also good for *'Mookkadaippu'* caused due to STD.

Another preparation

Take dried ginger, pepper, (Piper nigrum), long pepper (Piper longum), turmeric (Curcuma longa), Leucas aspera flower, and common salt (Sodium chloride) - each of 1 *varagan* (4.2 gm.) Grind them well with Solanum xanthocarpum leaves juice and apply the ground matter on a thin clothe. Roll them and allow to dry.

Smoulder the cloth roll and fumigate the vapour. This is advised or indicated for *'Mookkadaippu' noi*.

Another preparation

Take potassium nitrate salt, turmeric (Curcuma longa) and pepper (Piper nigrum) in equal amount are powder them. Spread the powder on a cloth and curl the cloth as a roll. Then smoulder it. Inhale the smoke and allow the smoke to spread over the body by covering (the body – one self) with blanket. This fumigation drains the fluid accumulation of the head.

4. Vapour bath (to induce perspiration):

Take long pepper (Piper longum), turmeric (Curcuma longa), Carum roxburghi (Ajowan seeds) and pepper (Piper nigrum), in equal amount. Powder them and spread them in a cloth and curl them to a roll. Soak the roll in neem oil. Then smoulder the roll and take varpour bath by covering the body with a blanket for 48 minutes (2 *nazhigai*). It causes over nasal and lacrimal secretion and reduces temperature. It relieves the bulky feeling and head ache.

5. Oil preparation for 'Head bath'

Any one of *arakku thailam, sukku thailam, peenisa thailam, karisalai thailam* and *nocchi thailam* which are described in *Siddha Vaidhya Thirattu* (SVT) and in *Therayar thaila varkkam* may be used for 'head bath' once in a week or twice for *mookadaippu noi*, headache and cough.

Other preparations: (page 164 – Siddha medicine book)

(i) Boiled gingelly oil preparation with Vitex negundo, Aristolochia bracteata (birth nut) and Leucas aspera root, is used for 'head bath' in '*neer mookadaippu noi*'

(ii) The oil preparation of Aloe vera pulp, Tender coconut water of Red variety, juice of Centella asiatica is used for 'head bath' in *kuruthi* (blood) – *mookkadaippu noi*.

(iii) Take the roots of Leucas aspera, Solanum xanthocarpum and Plumbago zeylanica root bark, prepare the decoction. Mix the drugs and oil with the decoction and boil them. Prepare the oil as per the procedure and use the oil for 'head bath'. It is indicated for *kalutthu mookkadaippu*, ceezh, (pus, watery), *mookkadaippu* and for *siraai mookkadaippu noi*.

(iv) Take Trichosanthes palmata fruit juice, Lippia nodiflora juice and Alternanthera sessilis juice in equal quantity. Prepare oil (bath) as per the procedure. This bath oil is used for *'mookkadaippu noi* for headache'

6. Internal medicines

(i) In *mookkadaippu noi*, as the Kapha humour is excessive in nature, vasanthakusmaharam, sivappu tablet, korosanai tablet, korosanai kasthoori tablet, kumkumapoo tablet, santha santhirodhayam, kasthoori tablet, bala sanjeevi tablet, sivanar amirtham, kalameganaarayana *chendooram*, soranavalai rasa *chendooram*, thanga *chendooram*, thalaga karuppu, parangi padhangam and sanda rasa *Parpam* are given with suitable adjuvants in morning and evening.

The duration of treatment and the diet requirement are determined according to the severity of the diseases.

(ii) In *mookkadaippu,* in which the *Azhal* humour is exceeded the *Parpam* preparations of coral (*pavalam*), pearl (*muthu*), pearl shell (*mutthuchippi*), porcelaneous shell (*palagari)* deer's horn (*maan kombu)*, karpoora silajit, ruby (*manikkam*), silver (velli) and the annabedhi *chendooram* and the annapavala *chendooram* - any one of these medicines or more be given with the adjuvants of vallarai nei or Birami Nei and or Thanneer Vittan nei in morning and evening.

(iii) In other type of '*mookkadaippu*' which is caused by '*Kapha Azhal*' derangement, the medicines, instructed above in Kapha, and Azhal *mookkadaippu noi* are given mixed in required doses.

These medicines are given in morning and evening with suitable adjuvant.

(iv) For another kind of *mookkadaippu noi* which is caused by mega *noi* (syphilis like STD).

Rasa *parpam*, sornavalai rasa *chendooram*, kalamega narayana *chendooram*, kanthaga *parpam*, *chendooram* (sulphur, purpa *chendooram*), sanda rasam, seyarasa *parpam*, sathilinga *parpam*, neela kanda valai, sandamarutham, Aya veeram, parankipattai pathangam, kalanantha kowri, kadikarra *Chunnam*, nagarasa *parpam* and vangarasa kuru *parpam* like syphilitic drugs are given with suitable adjuvant in morning and evening. These medicines also cure nasal congestion and inflammation. Serankottai legiyam (legyam preparation of Semicarpus anacardium), Rasa kanthi mezhugu, Nanthi mezhugu and the oil, Nei prepaprations given for the mega *noi* (syphilis like STD), and Rasa thailam are also given for '*mega mookkadaippu noi*'.

Some other experienced medicines

Preparation of *kurattai pala thailam* (*Thailam* preparation of Trichosanthes palmata fruit) – Traditional.

Take Curcuma aromatica rhizome (wild turmeric – 3/8 *palam*, pepper (piper nigrum) – 3/8 *palam,* cumin seeds (Cuminum cyminum) – ½ *palam,* long pepper –3/8 *palam,* (Piper longum), Curcuma zedoria rhizome (round white zeodary) – 3/8 *palam*, Argyreia speciosa (Elepant creeper) – 3/8 *palam*, Pimpinella anisum (Anise seeds) – 3/8 *palam* and tender flowers of Michelia champaca (yellow champaca tender flowers) pound well and powder them and grind them

with cow's milk. Then mix the ground matter with 1 *padi* gingelly oil (sesamum oil).

Prepare decoction from the drugs of Saussurea lappa root (costus root), Costus speciosus root, capsules of Helicteres isora (East indian screw tree), Belleric myrobalan (Terminalia bellerica) fruit, Chebulic myrobalan (Terminalia chebula) fruits and Nardostachys jatamansi (musk root) in each of 3/8 *palam* as per procedure.

Mix the decoction with the oil mixture prepared above.

Then take the juice of Acalypha indica (Indian Acalypha) – ½ *padi,* Capparis zeylanica leaves – ½ *padi,* Ginger – 2 ounce, Trichosanthes palmata fruit – ½ *padi* and the cow milk – ¼ *padi.* Add this mixture with the compoud prepared above. Boil them and get the oil in certain *'mezhugu'* state. Then filter the oil. Add ½ *palam* of powdered Frankicense resin (Boswellia glabra – resin). Then put the oil in an air – tight container. keep the container under the paddy heap for 40 days. Then use it for 'head bath' in '*mookkadaippu noi*'. It also cures head diseases, heaviness of head, rhinorrhoea and sneezing. It is very experiend medicine.

2. *Sittshatthi thailam* (Traditional)

Take the Gingelly oil (Sesamum indicum oil) – 1 *padi,* lesser veriety of Sesbania grandiflora flower. 1 *padi,* Andropogan muricatus root (khus – khus root), a variety of Vetiveria zizanioides root, leaves of Argyreia speciosa (elephant creeper), Curcuma zedoaria (round white zedorary) rhizome, Curcuma aromatica (wild turmeric) and Michelia champaca flower in each of ½ ounce. Sandal powder – 1ounce (Santalum album – powder), betal leaves-1 *palam* (Piper betel), ginger-1 *palam*, (Zingiber officinalis), pepper (Piper nigrum), cumin seeds (Cuminum Cyminum seeds) and *pulukka pattai.*

The flower buds of Rosa demescena (rose flower) – 1 ounce.

Method of Preparation

First cut the betel leaves and the ginger into pieces. Then pound the other raw drugs and powder them. Put the gingelly oil in a pan and heat it. When it is boiled, add the matter, Sesbania grandiflora flowers, betal leaves and ginger pieces. Then heat them by little flames and allow them to boil once. Burn the Sesbania grandiflora flowers and betal leaves, until they get the state to be crumbled, (don't allow it to get charred). Then filter the oil and keep in a container. Use this oil for twice in a week for heaviness of head, headache, sneezing, and sinusitis and for *mookkadaippu noi* (Nasal congestion). It is very useful medicine.

3. *Sangam Ver Thailam*

(Oil preparation of Azima tetracantha root)

Take Azima tetracantha root bark – 104 kg. (Henna) Lawsonia inermis root bark – 1.4 kg. *(veesai)* and water – 16 *padi.*

Preparation

Pound the root barks first and add water with pounded matter. Boil them until it reduces into 1/8 part and filter them. Add equivalent quantity of gingelly oil. Take white pepper (outer skin removed)-1 *palam,* Curcuma aromatica (wild turmeric)-½ *palam,* black cumin seeds (Nigella sativa), ½ *palam,* cardomomum seeds-3/3 *palam* (Eleteria cardamomum), Anacyclus pyrethrum (pellitory of spain) ½ *palam*, Curcuma zedoaria rhizome (Costus root) – ½ *palam, Vankala pacchai*-½ *palam* and Nardostachys jatamansi root (musk root) – ½ *palam.* Grind them well with water. Mix the ground matter with the oil compound prepared above.

Boil and get them in *'mezhugu'* state. This oil is used for 'head bath' once a week or twice a week. It is indicated for external application in skin diseases – viz. *pattru, padai, sirangu* and for head bath in the diseases described above. This is a splendid bathing oil in seborrhoeic dermatitis in head and leg for children and adults. It is very useful for *mookkadaippu* and *kaphala soolai* (throbbing pain in head). It has been used traditionally.

Diet

Since it is caused by '*kapha* humour', the patient is advised to take warm foods. Pepper soup (*Milagu rasam*) and *Kuzhambu* may be taken. Eclipta alba, Solanum nigrum, tender unripe fruits of Solanum melongena (Brinjal), Drumstick (unripe fruits of Moringa olifera), Typhonium trilobatum tuber are also advised.

Crabs collected from the ridges of the fields, salted and dried fish, these are cooked with pepper (Piper nigrum) and Allium sativum (Garlic). Siddha medicine allows this prepared food to be taken in *'Mookkadaippu Noi'* patients. *'Karal'* variety of fish and *'Karal'* variety of shark fish *'Thirukkai'* variety of fish, *'Thirukkai'* variety of salted and dried fish are to be cooked with pepper and garlic may be taken.

Nasi Roga Haram

Flacourtia catapracta (many spiked flacottic), Ocimum sanctum (Holy Basil), Dolichos biflorus (Horse gram), Sesbania grandiflora, Vitex negundo, (Five leaved chaste tree), Clerodendron phlomoides, Raphanus sativus (Indian radish), Cumin seeds (Cuminum cyminum), Pongamia glabra seeds (Indian Beech seed), Eclipta alba, Embelia ribes, Plumbago zeylanica (Ceylon leadwort), root of the long pepper, Curcuma longa (Turmeric), Shorea robusta, Brassica juncea seeds

(common mustard), Cedrus deodara (Pinus Deodara), Allium cepa (onion), Piper nigrum (Pepper), Eugenia caryophyllata (clove), Achyranthes aspera (Rough chafftree), black cumin seeds (Nigella sativa), dried ginger, Long pepper, Beleric myrobalan (Terminalia Bellerica), Dried fruits of Emblica officinallis (Indian gooseberry – dried) and Terminalia chebula fruits (Chebulic myrobalan) are the drugs, described as useful for nasal diseases.

6. KURUTHI AZHAL NOI

(DISEASES RELATING TO BLOOD PRESSURE, HAEMORRHAGE, HAEMATURIA, MENORRHAGIA etc.)

First decoction like medicines are given to correct the deranged '*Vayu*' by inducing purgation. Then treatment will be given for the 'defected humour' and for the exceeded *kuruthi* (blood).

This treatment procedure is well described in Siddha texts. But, we have to know first, whether the *'Kuruthi Azhal Noi'* needs the purgative treatment. Mostly it does not need the purgation. In case if the patient constipates, gentle laxative is good rather than purgatives.

1. Decoction

Take the flowers of Hibiscus rosasinensis (common genere hibiscus), Lippia nodiflora, Artemesia indica, Limonia acidicimma, and leaves of the Morinda tinctoria (Indian mulberry) each one handful and cook them in oil. Add galls of Quercus infectoria (oak galls), galls of the Terminalia chebula and Red ochre each 1 *varagan* (4.2 gm.), and water 1 *padi*. Boil them until it reduces into 1/8 part, and then filter.

It is given in a dose of 100ml. in morning and evening for haemetemesis (Blood vomiting).

2. Another preparation

Take Tinospora cordifolia, Adathoda vasica (malabar nut), Mollugo cerviana, root of Solanum xanthocarpum and root of Hedyotis umbellata (sans-Rajana) each 1 *palam*, Myristica officinalis (nut meg). Arillus of Myristica officinalis (mace) and Cateria lacca (lac) each 1 *varagan*. Add water ½ *padi* and boil until it reduces into

1/8 part and filter. It is taken in morning and evening for cough and haemetemesis (blood vomiting).

3. Another Preparation

Take the Ocimum sanctum root (Holy Basil root), Ocimum album root, Leucas aspera root and root bark of Aegle marmelos (Rose bark of the Bael tree) each 1 *palam*, Glycyrrhiza glabra (Indian liquorice), Mesua ferrea (cobra's saffron) flower buds, Coriandrum sativum (coriander seeds) and Pimpinella anisum (Anise) each ½ *palam*. Prepare decoction as per procedure. It is given in morning and evening for *'Alavila Nokku noi"* (profuse haemorrhage).

4. Another preparation

Take Odina wodier bark, tender unripe fruits of Ficus glomerata (cluster fig) Caesalpinia pulcherrima bark and Morinda tinctoria (Indian mulberry) bark each 70gm (2 *palam*) Myristica officinalis seeds (nut meg), Arillus of the Myristica officinalis seeds (mace) Red ochre and black catechu (Acacia catechu) each 1/8 *palam*. Prepare the decoction as per procedure. It is given in morning and evening for haemorrhage per rectum. (Rectal haemorrhage).

5. Another Preparation

Take Amaranthus gangeticus, Portulaca quadrifida, Tribulus terrestris (smallcaltrops), seeds of Hibiscus cannabinus (Brown Indian hemp seeds), seeds of Cucumis sativus (common cucumber seeds) and gum of Eriodendron anfractuosum (capok tree gum) each 1 *palam*. Prepare the decoction as per procedure. It is given in suitable dose, added with palm jaggery and *kunkilia parpam* in morning and evening for haematuria.

6. Another Preparation

Take the barks of Ficus glomerata (cluster fig tree), Ficus religiosa (sacred fig tree), Ficus infectoria, Ficus bengalensis

(Banyan tree) and Eugenia jambolana (Black berry tree) (Banyan tree) in equal amount. Pound them well and prepare decoction as per procedure. It is given in the dose of 168 ml. *(azhakku)* added with 3 pinch dose of Red ochre powder and 1 pinch dose of alum powder in morning and evening. It may also be used for cleansing purpose of anus or used as enema, to stop haemorrhage per rectum.

7. Another preparation

Take tender coconut water 2 padi, the juice of Aloe vera (Aloe's juice) 1 padi. Mix them well. Add, tender leaves of Eugenia jambolana (Black berry leaves), Mangifera indica, Morinda tinctoria (Indian mulberry) and Ipomoea sepiaria *(Thalikeerai)* in each of 3 pinch amount and water – 1 *padi.* Boil them until it reduces into 1/8 part and filter them. It is given in the dose of 84 ml. in morning and evening for haemorrhage bleeding per rectum and haematuria.

8. Another preparation

Take Red ochre powder, red soil, powdered magnet and the earthen nest where the queen white ant lives, in equal amount. Grind them with Aloe vera juice. Apply the ground matter all over the body. Wait for a day. Take bath on the next day. Continue this for 2 or 3 days. It cures purpura or haemophilia.

Internal medicines (other)

1. Take white of egg boiled cow milk. Mix and stir them well. Remove the froth and add Alum, gum of Tamarind seeds (Tamarindus indica-seeds outer layer), cardamom seeds (Elettaria cardamomum) and burnt ash of the cloth in each of 1 pinch amount. It is given in optimal dose with *parpam* preparations of muthu (pearl), *pavalam* (coral) and *silajit* in the dose of 65mg. to 130mg. in morning and evening for haemetemesis.

2. Unless if it is not cured by the above medicines, *parpam* preparations of *muthu* (pearl), *pavalam* (coral), *manikkam* (Ruby, carbuncle), *nagam* (zinc), *sangu* (conch shell) or aya *parpam* or *aya chendooram* (*parpam* and *chendooram* preparation of Iron). are given lonely or combined.

Accessory medicines for 'Kuruthi Azhal'

(i) *Thanneer vittan nei* (Ghee preparation of Asparagus racemosus (satha veri), *mathulaipoo nei* (Ghee preparation of Punica granatum flower pomegranate flower), *Brahmi nei* (Ghee perparation of Bacopa monnieri).

(ii) *Impooral legiyam* (*Legiyam* preparation of Hedyotis umbellata), *kodimathulai legiyam, vilvathi legiyam* (*Legiyam* preparation of Aegle marmelos – Bael fruit).

(iii) *Seenthil chooranam* (Tinospora cardifolia *chooranam)*, *Elathi chooranam* a preparation of cardamom seeds), *parankipattai chooranam* (*chooranam* preparation of Smilax chinensis china root).

(iv) Mesuea ferrea (cobra's saffron), Myristica officinalis (nut meg), arillus of Myristica officinalis seeds (mace), Quercus infectoria galls (oak galls), Red ochre, gum of Eriodendron anfractuosum (capok tree gum), flower of Punica granatum (pomegranate flower), Hibiscus rosa sinensis flower (Indian Hibiscus flower).

Any one of the above medicines may be used as accessary medicine.

Note

The medicines given by modern physicians are as follow.

(i) Vitamin-C and Vitamin-K, which are the chief ingredients of Indian gooseberry (Emblica officinalis) and lemon (Citrus limon) medica var-acida are given as injections and as oral medicines.

(ii) Other than this, calcium compounds (which are the chief ingredients of coral, pearl, shell *parpam* preparations) may also be given in injection forms.

These are all more over equialent to our medicines.

***Rattha pitta haram* (Drugs for *'Ratthapittham'*).**

Adathoda vasica (malabar nut), Mollugo cerviana, Amarantus gangeticus, Vitis vinifera (grapes), flowers of the Cocos nucifera (coconut palm – flower), Glycyrrhiza glabra (Indian liquorice), Andropogan muricatus (khus – khus root), branches of the Ficcus bengalensis root (Banyan tree root branch), Phoenix dactilifera (Dates), Asparagus racemosus tuber (sathaveri), Cyanodon dactylon (Bermuda grass), Quercus infectoria galls (oak galls), Terminalia chebula (chebulic myrobalan), dried fruits of Emblica officinalis (Indian goose berry) – dried root of the Atalantia monophylla (wild lime root), pomegranate (Punica granatum fruit), milk, sugar, wild animal dung, cow's ghee, honey, Cyperus rotundus (nut grass), flower of Bassia longifolia, Santalum album (sandal wood), juice of Eriodendron anfractuosum bark (capok tree bark juice), gum of Eriodendron anfractuosum (capok tree gum) and the leaves of Alternanthera sessilis are the drugs used for *'Rattha pittha noi'*.

Perumpaadu Haram

Barks of the Eugenia jambolana (jambul tree), Mimusops hexandra tree, Ficus glomerata tree (cluster fig- tree), seeds of the Wrightia tinctoria (sweet Indrajao) and Acacia catechu (Black catechu – tree), sugarcane juice (Saccharum officinarum), Carteria lacca (lac), Cucurbita maxima, fruit – stalk (Great pumpkin), Hibiscus rosa sinensis (common garden Hibiscus) flower, burnt ash of a cloth, Nelumbium speciosum, flower of Musa sapientum (plantain flower), flower of Nymphaea lotus (water – lily) Rock – salt (sodium

chloride impura), flower of Cocos nucifera (coconut palm flower), Santalum album (sandal wood), Cyperus rotundus (nut grass), Emblica officinalis unripe fruit (Indian gooseberry – unripe fruit), leaves of Citrullus colocynthis (colocynth – leaves), Origanum majorana leaves (common marjoram leaves), Asparagus racemosus tuber and Cinnamomum cassia (Chinese cassia) are used for excessive menstruation.

Note : (special)

(1) *Manikka Parpam*, (*Parpam* preparation of Ruby or carbuncle) is the best medicine for all kinds of *Rattha pitha noi*.

(2) '*Manmadha Cinthamani Parpam*' is good for Haematuria.

(3) '*Valai Rasa Mezhugu*' (refer – Siddha vaidya thirattu – page no. 176) is given in the dose of 100 mg. kept in the palm jaggery, with tender coconut water (as an adjuvant) for haematuria. It cures haematuria in 7 doses medicines (3 ½ days). This drug could be used for haematuria which is not responded to any other medicines.

Diet restriction

Take cooked milk rice and tender coconut water. Treat the gastric problem if it coincides. Refer to this '*Valai rasa mezhugu*' on page-26 *agasthiar paripuranam* – 400.

4. For excessive menstruation or menorrhagia in females burnt ash of the silk cloth or any kind of cloth is given in one pinch dose, mixed with banana fruit in morning and evening for 2 or three days.

The decoction preparation of burnt ash of the silk cloth is given in three times a day. It could be given with 1 pinch dose of '*Naval kottai chooranam*' (*chooranam* preparation of Eugenia jambolana seeds – Black berry seeds).

It cures menorrhagia very rapidly.

Preparation of *Manikka parpam* (*Parpam* preparation of Ruby or carbuncle) (It is also called as *kembu Parpam*).

Take required amount of 'Ruby' and allow it, to soak in the milky juice of Calotropis procera (white gigantic swallow wort (variety) then put it under the sunlight. Do this procedure for 15 to 30 days, with replacing the milky juice of the Calotropis procera every day. Then keep the Ruby in a crucible and cover the crucible by soiled cloth. *(seelaimann)*. Heat and calcine the Ruby by using 100 cow dungs (as fuel). Collect the burnt matter and grind with the extracted juice by squeezing the grilled calotropis leaves. Then make the ground matter into pills, and allow the pills to dry in shady place. Collect the pills after dried, and put them in a crucible. Cover the crucible with soiled cloth. Heat and calcine the pills by using 100 cow dung cakes. (Follow the same above procedure). This calcination method is done again and again for 7 to 10 times. This *parpam* (end product) is given all kinds of *rattha* (blood) and *pitha* (bilious) disorders with suitable adjuvants. Specifically, it is very good for haemoptysis and haematuria.

Dose

1-2 grain in morning and evening. It is also said, the *manmadha cinthamani parpam* (traditional cures '*Rattha Piramega Noi*').

Preparation

i. Take the brittle epidermis of the stem of Coral zoophyte – 2 *palam*, soak the coral in the lemon juice and allow to dry. Grind it with Aloe vera juice and make the groud matter into pills. Keep the pills in a crucible and cover the crucible with soiled cloth. Calcine the pills by using 50 cow dung cakes. Collect the burnt ash. This is '*kodipavala param*'.

ii. Take required amount of deer's horn and cut it into pieces. Soak the pieces in cow's ghee for a night. Then insert the pieces in the Aloe vera pulp. Keep the Aloe vera pulp in a crucible and cover the crucible with soiled cloth. calcine it with using 50 cow dung cakes. If the calcination is not done well, do the process again. This burnt ash is called '*Kalaiman kombu Parpam*'.

iii. ***Chinapoora Parpam*** **:** (Drug for Neer piramegam) Take Alum-4 gms. and *Rasa karpoorum* – 1gm. (Hydragyrum subchloride – calomel). Grind them with betal leaves juice for a day. Then make the ground matter into pills and allow to dry. Keep the pills in a crucible and cover the curicible by soiled cloth. calcine the pills by using 25 cow dung cakes. This burnt ash is called *chinapoora Parpam*.

It is given in a dose of 488-mg. with 2 grams of ground matter of sandal and Lawsonia inermis leaves (henna leaves) and equal amount of cow butter, in morning and evening for 3 to 6 days.

It cures '*Neer Piramegam*'. Diet restriction should be followed according to the diseases.

Indication

'*Neer Piramegam*', polyuria, leucorrhoea, pyuria and vomiting.

(iv) *Kalnar Silajit Parpam* : (Seel Biramega nivarani)

Take country Asbestos in required amount and soak it in cow's urine for 10 days. Then clean it and allow to dry. Grind Aristolochia bracteata leaves, (worm killer, Birth wort leaves) and cover the asbestos by the ground matter. Allow it to dry for a while. Keep it in a crucible and cover the crucible by soiled cloth. Calcine the covered asbestos by using 100 cow dung cakes. Then pound the burnt matter and grind it with

soured buttermilk. Make the ground matter into pills. Keep the pills in a crucible and cover the crucible with soiled cloth. Calcine the pills by using 100 cow dung cakes. This is a preparation method of '*Kalnar parpam*'.

Another method

Collect the pounded matter after it had been burnt with the covering layer of Aristolochia bractdeta leaves ground matter. Grind them with the milky juice of Calotropis gigentea (Gigantic swallow wort). Make the ground matter into pills. Cover the pills with the ground matter of Calotropis gigentea root bark and calotropis swallow wort milky juice. Keep the covered pills in crucible, and cover the crucible by soiled cloth. This is another method of preparation of '*Kalnar parpam*'. Take 1 *palam* of *kalnar Parpam* (prepared by any one of the above methods) 1 *palam* of *karpoora silajit* (purified) and 1 *palam* of store – lac (Bitumen) grind them well with Ocimum sanctum juice (Holy Basil) then make it into pills in a crucible and cover the crucible by soiled cloth. Then calcine the pills in a pit which is of one feet depth. Collect the burnt matter and calcine the pills, by doing the same above procedure. Now collect the end product. This is '*Kalnar – silajit parpam*'.

Dose

It is given in a dose of 488mg. with any one of the ground matter of Ionidium suffruti ocosum, Cocculus villosus and Enicostema Wittorale in the size of physic nut or bonduc nut in morning and evening for 3 to 6 days. It is given for '*Seel Biramegam*' spermatorrhoea and for nocturnal emission.

Note

The ground matter of Cocculus villosus is given in morning and evening for diabetes.

5. Take *kodi pavala parpam*, deer horn *parpam*, *chinapoora parpam* and *kalnar silajit parpam* each 1gm.

Mix the *parpams* well. Take the bark of Terminalia arjuna tree (Arjuna myrobalan) and pound well with adding cow's milk by spraying. Squeeze the pounded matter and extract juice. Grind the *parpam* mixture with the extracted juice for a day. Then make the ground matter into pills and allow them to dry in a shady place. Then powder the pills finely. This is so called *'Manmadha Cinthamani Parpam'*.

Dose

It is given in the dose of 488 mg. to 976 mg. with the adjuvants described below in morning and evening times for leucorrhoea, gonorrhoea, polyuria and haematuria. It is very experienced medicine and be given for both sex.

Adjuvants

Take the barks of Mangifera indica (Mango tree), Terminalia arjuna tree (Arjuna myrobalan) and Bassia longifolia (Indian cotton tree) in each of 1 handful amount. Pound them well adding cow's milk by spraying. Squeeze the pounded matter and extract the juice. Take 168 ml. of the juice and add equal amount of cow's milk. This is given as an adjuvant with *'manmadha Cinthamani parpam'* in morning just after taken bath, and in the evening. It may be given for 3 to 9 days with same adjuvant or with cow's butter and or with tender coconut water.

6. Treatment for haemorrhage in nose and mouth

i. Take equal amount of Adathoda vasica leaves juice and honey. This mixture is given in morning and evening for 3 days.

It stops haemorrhage from nose and mouth. Take cotton piece, soak it in gingelly oil or in the oil preparation of Crocus sativus (saffron – Kumkumapoo ennei). It is kept in nostrils to stop bleeding.

7. Treatment for menorrhagia (excessive menstruation - *perumbaadu*)

Take required amount of cloth and keep in a crucible. Calcine it by heating. Collect the burnt ash, and mix 1/8 *padi* rice flour with burnt ash. (162.5 mg). The mixture is given in the dose of 1 pinch with the plantain fruit. After taking medicine, patient is advised to drink little amount of warm water. The medicine is continued for 3 to 5 days in morning and evening or may be continued upto 1 week. For menorrhagia, *perumbaadu nivarani,* so called medicine is given in our Siddha Research Centre.

Medicine for menorrhagia and metrorrhagia *(Perumbadu nivarani)* – Traditional – (S.R. Pharm).

Take (i) *Pattuvastra chendooram* or silk cloth burnt.

(ii) *Poongavi chendooram.*

(iii) *Navalkottai chooranam*

(iv) *Annabedhi chendooram*

each 2 ounces. Mix them well and keep in an air tight container.

Dose

10-15 grains, to be mixed with ripe mountain plantain fruit and taken 2 or three times a day for 3 to 5 days.

Uses

All sorts of profuse *perumbaadu*, menorrhagia and metrorrhagia are cured by this medicine marvellously. This is an experienced and tried out remedy. Every physician must have a stock of this remedy always.

8. *Perumbaadu - Dhosha kuri* -Treatment of menorrhagia

(1) Take clearing nut (Strychnos potatorum) and powder it. Soak it in water. Then grind it in a mortar. Add

palm jaggery, ghee, honey in required amount and prepare *legiyam* as per procedure. It is given morning and evening.

(2) Take the root bark of Galega purpurea (Purple Tephrosia) and grind well. It is given with raw rice water in 15.6 gm. dose (water collected after rinsing raw rice) as an adjuvant in morning and evening.

(3) Take the barks of Eugenia jambolana (Bark of the black berry tree) and Odina wodier (Rhuo odina tree) in each in handful amount. Pound them well. Add 1 *padi* water. Boil them until it reduces into ¼ and filter. It is given in 81.25 ml. dose, with cow's milk, ghee and with Indian liquorice powder in morning and evening for 3 days. It is primarily indicated for chronic '*Perumbaadu*' (Ref – page – 130 – Pocket vaidyam – page 58 – Guna vagadam).

Another preparation

(4) Take the bark of Eugenia jambolana (Bark of the Black berry tree) in one handful amount. Pound them well adding buttermilk (Buffalo milk). Squeeze them and extract the juice. The juice is given with the Aloe – wood bark powder (Bark powder of Aquilaria agallocha-Eagle – wood) in 5 *varagan* dose (1 *varagan* – 4.2 gm) in morning and evening for three days. (Ref – page – 131, Pocket vaidyam).

(5) Take the tender flower of Cocos nucifera (coconut tree flower) pound them well with adding cow's milk. Squeeze the pounded matter and extract the juice. The juice is given in the dose of 168 ml. in morning and evening for three days. (Ref. page – 129 – Pocket Vaidyam).

(6) Take equal amount of Leucas procumbens (stooping toombay flower) and *Kuruvai* variety rice. Pound them

well and make into flour. Add palm jaggery and mix them well. Give the mixture in the dose of physic nut size (Bounduc nut) in morning and evening for three days. (Page 129-Pocket vaidyam).

(7) Take the bark of Ficus glomerata pound it adding cow's butter milk. Squeeze it and extract juice. It is given in the dose of 81.2 ml. in the morning time only for three days.

(8) Take the kernel of the Mangifera indica (mango – kernel) and grind it well. It is given in the dose of 1 *varagan* (4.2 gm) in morning and evening times for three days with honey or palm jaggery. It is given for '*Perumbaadu noi*'.

(9) Take Moringa oleifera flowers (Horse–radish-flowers) and grind them with coconut milk. The ground items is given with coconut milk in morning and evening for three days.

(10) Take Moringa oleifera flowers, pulp of the Aloe vera (Aloe) and cow's butter. Grind them well. The ground matter is given in the dose of lemon fruit size in morning and evening for three days. (No-7-10, Page – 93, Ayurveda manjari – Ref).

(11) Take the fried borax powder (Porigaram) and the purified red Ochre (in Tender coconut water) (Poonkavi) in equal amount. Grind them in a mortar. It is given in the dose of 650 mg. to 1 gm. with soda water in morning and evening for '*Perumbaadu Noi* ' (Ref. Page – 29, Anuboga Vaithya Navaneetham – Part III).

Note:

Poongavi chendooram is also used as like the above preparation for *'Perumbadu Noi'.*

Manikka Parpam

It is very suitable medicine for *'Kuruthi Azhal Noi'*. (The preparation has been described already). Besides, the preparation of '*Manikka prapam*' is also described in Anuboga vaidya navaneetham' – part – 3 page – 230)

Manikka parpam (*parpam* preparation of Ruby or Carbuncle).

Take purified Ruby in the dose of 12 gm. liquor of alcohol grapes vinegar, and the pulp of the Aloe vera in required amount.

Preparation

Keep the Ruby in a mud vessel and burn it, in charcoal fire with adding the alcohol little by little for 12 hours. Continue the burning process in next day but now with adding grapes vinegar little by little, for 12 hours. Then add 10 *palam* of Aloe vera pulp juice cover the mud vessel by soiled cloth. Calcine the preparation by heat with 5 *veesai* (1 *veesai* – 1.4 gm) of dung cakes. (as fuel). Then collect the burnt ash and grind it with rose water (Fragrant extract from rose petals) daily in 6 hours for 1 week. Then allow it to dry under the sunlight. Collect the dried powder and keep in an air – tight container.

Dose: 65-130 mg.

Adjuvants

Butter, honey, ghee, *mathulam pazha manappagu* (Pomegranate), *korappattu* (a bazaar drug for increasing the secretion of semen), and *'murappa'* (A preserve in honey or sugar syrup preparation of Cassia alata fruits.)

Uses

It relieves weakness of head, brain, heart, lungs and stomach and make them stronger. It gives body strength,

mental power, courage, and freshness. It makes the heart stronger and relieves cardiac problems. It makes our body very stronger like *'Vajrayutham'*. It also relieves burning sensation all over the body, haemetemesis, haemoptysis, recurrent diarrhoea, spermatorrhoea, syphilis, menorrhagia and all kinds of haemorrhages.

13. Treatment for *'Perumbadu'* (Another)

Take the bark of the Eugenia jambolana (Black berry tree bark) pound it with buffalo's butter milk. Squeeze the pounded matter and extract juice. It is given with ½ *palam* of sandal (Santalum album) for three days in morning time only. (Ref. page – 16, Pulippani – 500 – page – 35- Vaidhya sara sankiragam).

14. Ghee (Nei) preparation for *'Perumbadu Noi'*

(Page – 170). Pulippani – 500)

Take Citrullus colocynthis root (Indian wild gourd root) 10 palam, Terminalia chebula root, (root of Chebulic myrobalan), Terminalia bellerica root (Root of Belleric myrobalan), root of Emblica officinalis (Emblica tree – root), Mirabilis jalapa root, (root of four O' clock flower), Andropogan muricatus root (Khus – Khus root), Aegle marmelos root (Bengal quince root) *Vilamittchai ver,* root of Solanum trilobatum, Hemidesmus indicus root (Indian sarasparilla root), Punica granatum root (pomegranate root), Sida acuta root, root of Tragia involucrata (lesser variety), tuber of Nymphaea alba (white water lily tuber), root of Nymphaea lotus (water litly – tuber), root of Rhinacanthus communis, Curculigo orchioides tuberous root (Black musale), Cassia lanceolata (Indian senna), and root of Solanum xanthocarpum, each 1 *palam* pound them well. Add 16 litres of water and boil them until it reduces into 1/8th and the ground matters of nut meg (Myristica officinalis seeds) mace (Arillus of the Myristica officinalis seeds), clove

(Eugenia caryophyllata dried flower buds), Cardamom seeds (Elettaria cardamomum seeds), Tail pepper (Cubeba officinalis – dried immature fall grown fruits), Cinnamon dried inner bark (Cinnamomum cassia – dried inner bark), Indian madder (Rubia cordifolia – dried root), Costus root (Saussurea lappa – root), Sandal wood (Santalum album), black cumin seeds (Nigella sativa – seeds) Dill seeds (Peucedanum graveolens – seeds), Embelia ribes fruits, *Satthira bedi* (a fluid coming out from rocks – Bitumen), Abies webbiana – leaves, Pinus deodora (Cedrus deodora – wood), pepper (Piper nigrum), cobra's saffron (Mesua ferrea – flower buds), Indian liquorice (Glycyrriza glabra), Turmeric (Curcuma longa), staff-tree-seeds (Celastrus paniculata-seeds), Clerodendron serratum, galls of Terminalia chebula, Curcuma aromatica (wild turmeric), long pepper (Piper longum), root of long pepper (Piper longum-root), Picrorhiza kurroa - dried rhizome, small caltrops (Tribulus terrestris), Henbane seeds (Hyoscyamus niger – seeds), nut grass (Cyperus rotundus), outer covering of the Emblica fruits (Emblica officinalis), saffron – dried stigmas and tops of the styles (Crocus sativus) and tender fruits of pomegranate (Punica granatum) each ½ *palam* with cow's milk. Add 5.2 litre ghee, tender coconut water (Red variety), lemon juice and the juice of Centella aisatica each 2.6 litre, Alum-2 *palam,* and good variety of jaggery-4 *palam.* Boil them well and get the preparations in *Mezhugu patham.* Keep the preparation under paddy heap for 1 month. Then it will be ready for use.

It is given in the dose of 15.3 gm. in morning and evening for *eelai* (tuberculosis), *kasam* (cough), involuntary movements of head, *pitham, megam* (syphilis), *kalladaippu* (lithiasis), *valippu* (convulsive disorders), *moothira kiriccharam* (non-specific urethritis), menorrhagia, burning sensation, pyrexia, oliguria, *neercchurukku,* and *vayu* diseases. It also cures infertility.

Diet Restriction

Bitter and sour food items and curd should be avoided during treatment. It cures *Kaikaruppu*, a venereal affection of black colour in palms. It should be taken with *pavala parpam* (*parpam* preparation of coral).

15. Take coconut milk and cow's milk each of ½ *padi* (650ml). Add ground Moringa oleifera flower in the amount of coconut size, and palm jaggery – 3 *palam*. Prepare *legiyam* as per procedure. It is given in the dose of lemon size, in morning time only for 12 days. It is indicated for '*perumbadu noi*' (menorrhagia).

16. Take the bark of Cedrela toona (Red toon or indian mahogany tree) and grind it well with water. It is taken in the dose of lemon fruit size mixed with the flour of hulled rice (without boiling). Prepare *'Adai'* (not allow to be burnt). It is given in morning and evening for three days.

17. Take the barks of Zizyphus jujuba (jujuba tree) Odina woider (Rhus odina), ficus glomerata (country fig tree), and neem or margosa tree (Azadiracta indica) each 1 palam. Allow the barks to dry, and then make them into *chooranam*. Add equal amount of flour of hulled rice (without boiling). Then mix a little amount of palm jaggery. Cook them by steam and prepare '*Pittu*'. It is taken, mixed with butter for 6 days.

18. Take 1.3 litre of purified water and add 5 *palam* of powdered Red ochre. Allow it to soak for 3 days. Then filter the supernatant solution. It is taken, mixed with 1 *varagan* (4.2 gm.) of fried Alum in morning and evening for three days.

19. Take red coloured and newly burnt brick. Powder it and filter by a clean cloth. Add equal amount of sugar. It is

given in one pinch dose, in morning and evening times for 5 days. Avoid smoking and sour foods. (Ref. page-101- Bohar's Ezhunooru (700).

20. Take the mixture of Mollugo lotoides juice and cow's milk in equal amount. The mixture is given in morning times only for 4 days.

21. Collect the burnt ash from the crematorium and powder well. Then filter the powder. Take the filtered powder in the amount of 10 varagan (1 *varagan* –4.2gm.), opium. 6 *varagan* (Papaver somniferum – air dried milky juice of unripe seed capsules), nut meg – 10 *varagan* – (Myristica officinalis – seeds) and mace-9 *varagan* (Arillus of the nut meg), pound and powder them well. Then mix the powder. It is given in the dose of 1 pinch with goat's ghee in morning and evening times. (Ref. Vaidhya Sara Sankiragam).

22. Padigalinga *chendooram*, is given in the dose of 390mg. to 650 mg. in morning and evening times with cow's ghee or with cow's butter (Ref. SVT).

23. Padikara *chendooram* (*chendooram* preparation of Alum) is given in the dose of 130 mg. to 260mg. in morning and evening times with cow's ghee or with cow's butter.

24. *Poongavi chendooram* (prepared from ¼ *palam* of Alum and 1 palam of Red ochre) is given in the dose of 488 mg. in morning and evening times with cow's butter or with cow's ghee for '*Perumbadu noi*' (menorrhagia).

25. Take the barks of Feronia elephantum (wood apple tree), Ficus glomerata (country fig tree), Acacia arabica (Indian – gum – arabic tree) and Eugenia jambolana (black – berry tree). Allow them to dry in a shady place. and powder them well. Make them into *chooranam* individually.

Take 162 mg of red course rice and allow it to soak for a night. Collect the rice in the next day, and allow it to dry. Then make it as flour by pounding.

Take 1 *palam* of *chooranam* prepared above and the flour of the red course rice. Mix them well. Prepare *'Pittu'* by steam heating. It is given with ghee and sugar for 2 or 3 days.

26. Take the bark of Ficus glomerata (country fig tree). Pound it well adding butter milk. Squeeze the pounded matter and extract juice. It is given in the dose of 21 ml. to 42 ml. in morning and evening.
27. Juice of tender flowers of the Cocos nucifera (coconut tree flower) is also given for "*Perumbadu noi*" (menorrhagia.)
28. Take Skin removed Bananas added with Mangifera indica bark or Ficus bark *chooranam*. Squeeze the mixture and extract juice and then filter. It is given with 195 mg. of *padigara parpam* (calyx preparation of Alum) three times a day for *Perumbadu* (menorrhagia).
29. Take 35 gm *Seemai Kalnar* and powder it with equal quantity of *Padikaram* and grind then both for 3-6 hrs. If taken in a dose of 1½ panam wt., mixed with ghee, it gives, good result.
30. '*Navarpazham manappagu*' (Manappagu preparation of black berry-Eugenia jambalona fruit). (Ref. Page.278- Sikittcha Ratthma Deepam).

Take required amount of black berry fruits. Mix and stir them well. Then filter and extract juice. Add 1400 gms. of Alum with 650 ml. of the extracted juice. Boil the mixture until it loses the moisture. Then allow to cook. Now take 4.2 gm. of saffron flower. (Crocus sativus-flowers) 2.1 gm. of camphor powder and 2½ palam of rose water. Ground them well in a mortar. Mix the ground matter with the above prepared compound.

It is given in the dose of 24gm, mixed with 50ml. of drinking water in morning and evening times for bleeding piles, menorrhagia, polyuria and in excessive thirsty cases.

31. ***Ashoka Arishtam***

It is given in the dose of 1 to 4 teaspoonful, 2 or 4 times in a day mixed with little water. It cures not only menorrhagia but also leucorrhoea like disorders.

32. Take Asparagus racemosus tuber, Abutilon indicum root bark (country-mallow-root bark), Mukia scabrella, Hemidesmus indicus (Indian Sarsaparilla) *Chakkarai kilangu* and black musale (Curculigo orchioides-tuberous root). Grind them well with milk. Add ghee with the ground matter and prepare *legiyam* as per procedure.

Dose :- 5mg. in morning and evening times.

33. Take cannabis leaves or Indian hemp leaves (Cannabis sativa) and cardamom seeds (Elettaria cardamomum seeds). Grind them with cow's milk. Apply the ground matter over *'valai'* variety of fish. Prepare Cassia auriculata root bark decoction (decoction of mature tea tree) Cover the mouth of the vessel with a clean cloth and tie around the neck. Keep the 'fish' on the cloth and close the mouth. Heat the vessel for 48 minutes and get the fish as cooked by steam heat. Remove the outer covering and the bones (of fish). It is given for 10 days in morning and evening. Cassia auriculata decoction is also used as adjuvant with the medicine.

34. Take Indian goose berry juice (Emblica officinalis juice), lemon juice, sugar cane juice (Saccharam officinarum juice) and cow's ghee each of 975ml. Abies webbiana leaves (Himalayan silver fir) – ¾ *palam* (27gm.), nut meg (Mysristica officinalis), Cardamom seeds (Elettaria cardamomum), clove (Eugenia caryophyllata – dried flower buds), galangal (Alpinia galanga-rhizome), liquorice (Glycyrriza glabra) and black musale (Curculigo orchiodes) each 1 *palam*.

Grind them with coconut milk. Then boil the ground matter and filter. It is given in the dose of 1 teaspoonful in morning and evening. (Page - 36 - Vaidhya Sara Sankiragam).

35. Add the juices of Acacia arabica bark, (Indian gum – arabic tree-bark), Eugenia jambalona bark and Odina wodier bark (Rhus-Odina-bark) each ¾ *padi* (975 ml) with the above preparation (preparation No.34).

It is given in the dose of 1 teaspoonful in morning and evening for leucorrhoea, menorrhagia, dysuria, oliguria and for urethral caruncle. (Ref-Theraiyar vaidhyam – 1001).

36. Take Trianthema decandra root and Tephroisa spinosa plant (galega spinosa) whole part. Allow them to dry in shady place. Then pound them well and make into *chooranam*. Add equal amount of black *kuruvai* rice flour. Prepare 'Kali' with using the mixture. (*Kali*-a dish made with flour thickened to the consistency of a pudding). It is given in morning time only for three days.

Indications : Menorrhagia.

Another Preparation

Take Hibiscus rosa sinensis leaves (common garden Hibiscus leaves) and the tender unripe fruits of Hibiscus plant in equal amount. Pound them and extract juice by squeezing. Take the juice in 650 ml. and add 650 ml of lemon juice and 1300 ml. of Bassia longifolia bark juice (Indian butter tree). This mixture is given in the dose of 21 ml to 42 ml. in morning and evening for three days.

Diet restriction

Take cooked rice food and warm water. Avoid smoking and salty, tamarind foodstuffs. (Ref. Page-15-Theraiyar-vaidyam-500).

37. External application for menorrhagia

Take the tender leaves of Ficus bengalensis (Banyan tree-tender leaves), Calotropis gigantea (gigantic swallow wort) and *Kittam* of the Vitis quadrangularis, pepper (Piper nigrum) and Bassia longifolia (Indian butter-tree) in equal amount. Grind them with lemon juice. The ground matter is applied on the lower abdomen for menorrhagia disorder. (Ref. Theraiyar-Vaidyam – 500).

38. Take 10 *palam* of sugar- (1 *palam* - 35. gm.) and boil it to a thick consistence like syrup *(pagu)*. Add the *chooranam* preparations of Mangifera indica – kernel and Smilax chinensis- root – in each of 5 *palam*. Mix them well with the *'pagu'* and get the mixture in *'mezhugu'* state – It is given in the dose of 5 gm. in morning and evening for menorrhagia.

39. Take the tender leaves of Ficus bengalensis (Banyan tree-tender leaves), the root of Mucuna pruriens (cowitch plant-root) and the root bark of Cassia auriculata (mature tea tree) in equal amount. Grind them with cow's milk. The ground matter is given in the dose of lemon size with cow's milk in morning and evening for three days.

Indication :- Menorrhagia (Ref. page-113 - Theraiyar Vaidhyam – 1001).

40. Take the Cocos nucifera flowers (coconut tree flower) and pound well. Extract the juice by squeezing. Add equal amount of curd and lemon juice -1 *palam* with 168ml. of the extracted juice. The mixture is given in the dose of 42 ml. to 84 ml. in morning and evening for three days.

Indication : Menorrhagia.

41. Take the *"Sayalai"* variety of fish (caught in sea) and clean it well. Cook the fish with adding little amount of pepper and turmeric. This kind of food is advised for menorrhagia patient in our country.

    Avoid – Smoke and tamarind.

42. Take equal amount of Cassia auriculata flower and the unboiled hulled rice. Pound them well and make them in to flour. Prepare *"Kali"* dish and it is taken with gingelly oil (Sesamum oil).

43. Grind the leaves of Abutilon indicum (country-mallow-leaves) well. Collect the ground matter. It is given in a dose of lemon fruit size, turned from side to side on Red gram powder in morning only for 3 days.

44. Take the barks of Terminalia arjuna (Arjuna myrobalan-bark), Eugenia jambalona, Odina wodier (Rhus-Odina) and Ficus infectoria. Allow them to dry and make them fine powder individually. Take equal amount of the powder each. Add the rice flour in equal amount. Prepare *'Kali'* dish. It is given with gingelly oil for menorrhagia.

45. Take Dolichos tetraspermus seeds in the amount of 168ml. Add adequate amount of water and prepare as semi-solid. Remove the outer coverings. Powder the inner parts of the seeds. This powder is given mixed with gingelly oil in three or four times a day. Avoid salt and tamarind food stuffs.

46. Take 1 *palam* (35 gm) of cloth and burnt it in a container. Add 2 *padi* water (260 ml) and boil them until it reduces into 1/8 part. It is given in optimal dose in morning and evening for three days.

    Indication : Menorrhagia. (Ref. Hand written manuscript).

47. *Nilapanai nei* (Ref. Agathiar Kaviyam – 1500 page – 40).

It is given in the dose of 10.2 gm. in morning and evening with optimal decoction adjuvant for (Indication) menorrhagia, tuberculosis, thirst, cough, *perumbadu, kasam, sobai, piramegam, swasa kasam, pandu, rattha megam.* (Ref. the book for the preparations of *nei* and decoction).

48. Take 1 yard (two cubic measure) of Red color silk cloth. Burn the cloth and collect the ash. Add plantain fruit and mix well with the burnt ash. It is given in the dose of lemon fruit size in morning and evening for menorrhagia. It is very experienced medicine. It deserves to be followed by all and certainly it gives prompt relief.

49. Another Preparation

Take the barks of Eugenia jambalona (Black berry tree), Odina wodier (Rhus odina) and Ficus glomerata (country fig tree) each one handful amount. Pound them well and add 1 nut meg (Myristica officinalis), mace (Arillus of Myristica officinalis seeds) and Mesua ferrea flower buds (Cobra's saffron) each of 4.2 gm. Then add 2 *padi* (2600 ml) water and boil them until it reduces into ¼ part. This decoction is given in the dose of 84 ml. to 168 ml. with palm jaggery in morning and evening for three days.

50. *Perumbadu Haram* (Vaidhya Sathagam)

(Drugs for menorrhagia.).

Barks of Eugenia jambalona (Black berry tree).

Mimusops hexandra tree (Indian mimusops)

Ficus glomerata tree (country fig) tree.

Wrightia tinctoria tree (Sweet Indrajao tree)

Acacia catechu (Black catechu) tree.

Sugarcane juice (Saccharam officinarum)

Carteria lacca or Cocus lacca (lac),

Cucurbita maxima (Great pumpkin),

Hibiscus rosa sinensis flower
(common garden Hibiscus flower),
Burnt ash of a cloth, Lotus flower (Nelumbium speciosum)

Rhizome of the lotus plant, Musa sapientum flower, tuber of the Nymphaea alba (white water lily tuber), rock salt (Sodium chloride impura) flower of the Cocus nucifera and (coconut tree flower), Sandal wood (Santalum album), Castor seed (Ricinus communis seeds), Indian gooseberry (Emblica officinalis – fruit), Colocynth leaves (Citrullus colocynthis leaves), Garcinoa xanthochymus, Asparagus racemosus (sathaveri), Cinnamomum and Cassia dried inner bark are the drugs, controlling the excessive menstruation (menorrhagia) in females.

1. HYPERTENSION CURE POWDER No. 1 (SPECIAL) (S.R. Pharma)

1. *Veeram* purified	-	each 35g
2. *Patharasam* purified	-	

These two ingredients are rubbed together with water, made into a bolus- over this round bolus is wound round old silk cloth 4 *palams* or 12 *tolas* and lit fire. The silk cloth is burnt into ash, while *veeram* and *rasam* get evaporated. The silk ash is secured, powdered and bottled up.

Dose: 2 to 5 grains to be given with honey morning and evening either alone or with B.P. stabilizer or other *anupanams.*

Uses : Hypertension is relieved. This is worth-while trying in all cases of Hypertension and Hypotension.

2. HYPERTENSION AND PARALYSIS CURE (SPECIAL) (S.R. Pharma)

1. *Aya veeram*	4 grams.
2. *Sivanar Amirtham*	4 grams.

3.	K.M.N. *Chendooram*	4 grams.
4.	P.S.M.M. *parpam*	8 grams.
5.	*Kasthuri Chendooram*	4 grams.
6.	B.P. Stablizer No. IV or V	60 grams.

Mixed well and bottled up.

Dose : 5 to 10 grains may be taken morning and evening with honey.

Uses: Hypertension, paralysis, hemiplegia, cerebral thrombosis or cerebral haemorrhage etc, are cured and *vatha- kapha* diseases are very well acted upon.

2. Alternately *Mayiliragadhi Ennei* in suitable dose may be given each for 5 to 6 days in severe and serious cases.

3. HAEMATUREA REMEDY OR RAKTHA MOOTHIRA NIVARANI No. 1 (S.R. Pharma)

1.	*Thalisapatri Chooranam*	6 Parts.
2.	*Thirikadugu Chooranam*	4 Parts.
3.	*Elarisi Chooranam*	4 Parts.
4.	*Lavangam Chooranam*	5 Parts.
5.	White Sugar	12 Parts.

All *Chooranams* and sugar are mixed well and bottled up.

Dose: ½ to 1 teaspoonful B.D. with Tender cocoanut water (Ilaneer) or honey or other suitable adjuvants.

Uses: *Varatchi, pitham, neerkaduppu* and *rakthapra-mekam* (Heamaturea) are cured.

4. BLOOD PRESSURE STABILIZER No. 1 OR RAKTHAAZHUTHAM NIVARANI (SPECIAL) (S.R. Pharma)

1. *Nar-Jeerakam* fried *Chooranam* 1 Part.
2. *Elakkai arisi* fried *Chooranam* ½ part.
3. *Pachai Karpuram,* powdered ¼ part.
4. *Cheena Karkandu* nicely powdered 1 Part.

All these powders are well mixed and bottled up. This is used for Non-Diabetics.

Dose : 10 to 20 grams may be taken twice a day either with a pinch or two of *Anna Bedhi Chendooram* or plain well mixed with Lime Fruit Juice and Honey before food.

Uses : High or low blood pressure is regulated or the blood Pressure is stabilized. Biliousness, vanthi, giddiness, reeling sensation and salivation, etc. are relieved.

5. BLOOD PRESSURE STABILIZER No. 2 OR RAKTHAAZHUTHAM NIVARANI *CHOORANAM* No. 2 (SPECIAL) (S.R. Pharma)

FOR NON-DIABETICS (HYPERTENSION CURE)

1. *Jeerakam* fried *Chooranam* 1 part or 12 *tolas.*
2. *Elarisi* fried *Chooranam* ½ part or 6 *tolas.*
3. *Pachai Karpuram* nicely powdered ¼ part or 3 *tolas.*

These three ingredients are well mixed in a *kalvam* and then the following ingredients are added one by one or as a whole mixed up powders and mixed them together well.

4. *Chukku Chooranam* 1/10 th part of 1 ¼ *tolas.*
5. *Milaku Chooranam* 1/10 th part or 1 ¼ *tolas.*

6. *Thippili Chooranam*	1/10 th part or 1 ¼ *tolas.*
7. *Kothamalli Chooranam*	1/5 the part or 2 ½ *tolas.*
8. *Seemai Amukara Chooranam*	1/5 th part or 2 ½ *tolas.*

9. White Sugar – 30 tolas (or equal to the above 8 drugs).

All these ingredients are well mixed together and preserved in a stoppered glass jar.

Dose : 15 grains may be given twice a day well mixed with lime fruit juice and honey or other suitable anupanams.

Uses: Hypertension, Giddiness, Biliousness, Indigestion, Sluggish Liver, Anorexia, *Vanthi,* Nausea, Flatulence, Salivation and *Vaitruvali,* etc. are cured or relieved. *Vathakudachal* is also relieved.

6. ANTI CHOLESTROL REMEDY (SPECIAL) (S.R. Pharma)

1. *Vembu* flowers, dried in the shade and powdered	1 part or 2 oz
2. *Keezhkai Nelli Samoolam Chooranam*	½ part or 1 oz
3. *Thuthuvelai Chooranam*	½ part or 1 oz
4. *Potrilaikaiyan Chooranam*	½ part or 1 oz

5. *Chukku*
6. *Milaku*
7. *Thippili*
8. *Kadukkaithole*
9. *Thandrikaithole*
10. *Nellivatral*
11. *Lavangam*
12. *Lavangapattai*
13. *Elarisi*
14. *Vettiver*

(items 5–14) each 1/8 th part or 2 grams fine *Chooranam.*

All these ingredients are mixed in a *kalvam,* rubbed with lime fruit juice for 3 days and made into pills of gr. 3 each.

Dose : 1 to 2 pills to be taken twice a day before food.

Uses : Fattiness of the body and *kapha-pitha* diseases are cured. Blood pressure is also regulated. It is good for obesity. We are using this pill in our laboratory for high content of fat in blood.

7. RASATHI CHOORANAM (S.R. Pharma)

1.	*Chukku Chooranam*	10 p.w.
2.	*Thippili Chooranam*	10 p.w.
3.	*Elam Chooranam*	10 p.w.
4.	*Kothamallee Chooranam*	10 p.w.
5.	*Athimathuram Chooranam*	10 p.w.
6.	*Kugaineer Chooranam*	10 p.w.
7.	*Pereechampazham*	10 p.w.
8.	*Munthirikai pazham* or *Dhrakshai*	10 p.w.
9.	*Jathikai*	5 p.w.
10.	*Lavangam*	5 p.w.
11.	*Thakkolam*	5 p.w.
12.	*Shannalavangapattai*	5 p.w.
13.	*Kasthuri*	5 p.w.
14.	*Chirunagappu*	5 p.w.
15.	*Lavangappathiri*	5 p.w.
16.	*Chandanakatti Chooranam*	5 p.w.
17.	*Vettiver Chooranam*	5 p.w.
18.	*Jeerakam Chooranam*	5 p.w.

19.	*Nelliparuppu Chooranam*	5 p.w.
20.	*Nerpori Chooranam*	5 p.w.
21.	*Vilamicham ver Chooranam*	5 p.w.
22.	*Korojanam Chooranam*	5 p.w.
23.	*Koraikizhangu Chooranam*	5 p.w.
24.	*Jathi Koshtam Chooranam*	5 p.w.
25.	*Aththipazham Chooranam*	5 p.w.
26.	*Avarampoo arisi Chooranam*	5 p.w.

27. White sugar-5 Madras *palams* or 30 tolas.

All are powdered, weighed, mixed together and preserved in a bottle.

Dose : *Verukatipiramanam* or about ½ teaspoon ful to be taken with honey, milk, ghee, cheese or butter, morning and evening.

Uses : *Rakthapitham, vanthipitham, anilapitham,* flatulence, giddiness, thirst, *valarikkai, moorchai, manthagni, kalkaierivu* (Peripheral Neuritis), Chest-burn *raktha Athisaram, ethiredukkira- raktha – pitham, aththi jwaram* and *rakthapramiyam* etc., are cured.

Treatment for menorrhagia (continued) *Ganthaga mezhugu.*

(i) Take 10 palam of '*Nellikkai Ganthagam*' and powder it. Take 2600 ml. coconut milk or cow milk in a vessel. Cover the vessel mouth with a clean cloth and tie around the neck. Keep the powdered sulphur spread over the cloth. Close the vessel then cover it with a soiled cloth *(seelaiman)*. Place the vessel in a pit up its neck level. Then cover the neck and mouth of the vessel with cow dung cakes. Calcine the contents of the vessel by burning the dung cakes. Then allow the vessel to cool for a while.

Now we can see the melted sulphur in the milk. Collect the sulphur and dry it under the sunlight. Then powder it. Collect the powder and do the calcinations again for 5 times by following above method. Collect the end product and allow it to dry. Then powder it and keep in an air-tight container. This is the purification method of sulphur.

Take 2 *palam* of purified sulphur (70 grams) and 4 *palam* of palm jaggery (140 mg). Grind them well. The ground matter is given in the dose of 1 gm. (in the size of Solanum torvum-unripe fruit) in morning and evening with egg white or with (unboiled) fresh cow's milk for *perumbadu* (menorrhagia).

Note

"Ganthaga mezhugu" is given in the dose of 1 gm. (in the size of Solanum torvum-unripe fruit) in morning and evening for *Vai vekkadu* (mouth ulcer and stomatitis) and for *Azhalai noi*. Treatment is usually given for 3 days .

2. Another preparation

Take the fresh inner bark of the Eugenia jambolana tree (Black berry tree-bark) and grind it well. The ground matter is given in the dose of 5 gm. (in the size of Indian gooseberry fruit) with (unboiled) fresh cow's milk -81.2 ml in morning and evening for three days.

Indication : Menorrhagia.

3. Another preparation

Take Ionidium suffruticosum whole part of the plant and grind it well. The fine ground matter is given in the dose of 10gm. (in the size of small lemon fruit) with fresh cow's milk for menorrhagia.

4. Another preparation

Take the burnt ash of Red coloured silk cloth and the extracted juice of the outer petals removed plantain flour by pounding and squeezing.

The mixture of 260 mg. to 520 mg. burnt ash and 2 ounces of plantain flower juice is given, mixed with little bit palm jaggery is given in morning and evening for 3 days.

Note

The mixture of red colour silk cloth's burnt ash, black berry seed *chooranam* (seeds of Eugenia jambalona) in each of *'Mooviral'* dose (as much as can be held between thumb, forefinger and middle finger) and *poongavi chendooram* (*chendooram* preparation of red ochre) is given, in the dose of 2 pinch mixed with hill plantain fruit in morning and evening for 3 days.

Avoid – spicy foods.

5. Take the juice of Pomegranate (Punica granatum – fruit) and add cow's milk. This mixture is given with red silk cloth's burnt ash and 2 pinch dose of *kalnandu parpam* (the *parpam* preparation of crab) morning and evening for menorrhagia.
6. Take Mimosa cinerea leaves in one handful amount and 325 ml. of raw rice (paccharisi). Allow raw rice to soak in water for a while. Clean the rice by removing stones, and other impurities. Then collect the rice and now add mimosa cinerea leaves. Pound them well and make them as flour. Prepare *'Kali'* dish by using cow's milk. It is given in the dose of 150gm. twice a day for 3 to 5 days.

   It is indicated for menorrhagia.

N.B. : All the above preparations are very much experienced by our elder people.

7. ERUMAL NOI
(COUGH)

Treatment

In *Erumal Noi* at first the treatment has to be given for the correction of exceeded *kapha*, increased and elevated *uthana vayu* and for the expectoration of phlegm.

To reduce the intensity of *kapha, sanjeevi* tablet, *attabairava* tablet, vacchirakandi tablet (night pills), *lavangathi* tablet, *meganatha kuligai, vanmezhugu* any one of these tablets is given powdered with ox's bile, *utthamani thailam* (*thailam* preparation of Daemia extensa alias *mantha ennei*) in sufficient dose, for one time purgation.

Then, treatment will be given for exceeded humour elevated *vayu*, and for expectoration.

1. Take the flower of Leucas aspera – 1 *varagan* (4.2 gm) and pepper (Piper nigrum) – ½ *varagan.* Grind them with honey and divide the ground matter into 4 parts. One part is given in one time, b.i.d. for 2 days. Treatment may be continued to 2 or 3 days if required. It is indicated for phlegmatic conditions, rhinorrhoea and for pharyngitis.
2. *Neer kovai* tablet, *pachhai karpoora chooranam* are rubbed with milk or hot water and applied on forehead for rhinorrhoea or fever cases. The application may be dried with the benzoingum fumigation. (styrax Benzoin-resin)
3. *Vasantha kusumagaram, kasthoori* tablet, *korosanai kasthoori* tablet, *korosanai* tablet, *balasanjeevi* tablet and sivappu tablet, any one of these is given with optimal decoction adjuvants in morning and evening for *erumal,* heaviness of head, sneezing, rhinitis, fever, cough, pharyngitis and for phlegmatic conditions.

4. In rhinitis and sneezing cases, the juice of Leucas aspera leaves may be used as nasal drops. Though this treatment had been indicated for rhinitis and sneezing in our Siddha medicine, it is useful for the above diseases in my experience.

5. Take *kodipavalam* (coral) and *muthuchippi* (pearl shell) in equal amount. Grind them with lemon juice and allow to dry under sunlight. Then calcinate it and grind again with lemon juice and do the calcinations of the ground matter again. Collect the *parpam* (burnt ash) and it will be given in the dose of 130mg. with 130 mg. of *kasthoori chendooram*, and 650 mg. of *Talisapathri chooranam* mixed with honey in morning and evening for chronic cough.

Kandan katthari (Solanum xanthocarpum) *legiyam, inji legiyam* (iegiyam preparation of Zingiber officinalis,) *Thippili rasayanam* (long pepper), *elai erumal rasayanam,* any one of these is given as accessory medicine or base medicine.

6. **For chronic cough with thick and faeca odour sputum (phlegm)**

Take *sivanar amirtham, thalaga karuppu, pavala mutthu,* and *chippi parpam, muthu parpam, kasthoori chendooram, sirungi parpam, kalamega narayana chendooram* and *thanga parpa chendooram*, in sufficient doses, and mix them. The mixture is given with *talisa pathri chooranam*, mixed with honey in morning and evening for chronic cough.

7. For chronic cough with dyspnoea

Eraippu Noi pokki podi (powder for dyspnoea cure) or *eraippu Noi pokki* tablet (Tablet for dyspnoea cure) are prepared and used in Siddha Research Centre and is given in morning and evening in optimal dose with honey or with '*Talisa-pathri* decoction'. It is very experienced medicine.

8. ***Kasthoori mezhugu*** is given with honey, followed by the juice of the mixture of Adathoda vasica leaves (Malabar nut), Solanum xanthocarpum leaves, Solanum trilobatum leaves, Ocimum sanctum leaves (Holy basil leaves), Mukia scabrella leaves, Ocimum album leaves and long pepper climber (stem) (Piper longum) prepared by squeezing after steam heated (pittaviyal) in optimal dose with little bit of palm jaggery and honey in morning and evening.

Take (copper) *sembu parpam* in the dose of 1 grain and unctuous secretion of Viverra civetta (civer cat) in the dose of 130 mg. It is given in morning and evening with honey, followed by Daemia extensa juice in the dose of 2 teaspoonful.

9. **Raw drugs and the medicinal plants which are given for cough.**

I. Raw drugs

Long pepper (Piper longum), pepper (Piper nigrum), dried ginger (Zingiber officinalis), Glycyrrhiza glabra (Indian liquorice), Flacourtia catapracta (many spiked flacortia), Eugenia caryophyllata dried flower buds (clove), Clerodendrum serratum, lesser variety of galangal (Alpinia galangal greater galangal, Anacyclus pyrethrum (pellitory), Saussurea lappa-roots (costus root), musk (Dried secretion from preputial follicles of male musk deer – Moschus moschiferus), Crocus sativus – styles (saffron), camphor (natural camphor (Bornea camphor – Camphora officinarum), kahooba, korosanum (Ox's bile) are useful in treating cough.

II. Leaves

Leaves of Ocimum sanctum (Holy Basil), Ocimum album, Leucas aspera, Adathoda vasica, Daemia extensa, Solanum xanthocarpum, Solanum trilobatum, Mukia scabrella,

Hedyotis umbellata and the Leucas aspera flower are useful in treating cough.

III. *Matthirai*

Vasantha kusumagaram, *Mahavasantha kusumagaram, Poorna chanthirodhaya* tablet, *Bala sanjeevi* tablet, *Sivappu* tablet, *Santha santhirodhaya* tablet, *Emathanda kuligai, Kumkuma poo* tablet, and *Kasthoori* tablet. Any one of these given with optimal adjuvants for cough.

IV. In *parpam* and *chendooram* preparations, *pavala parpam*, *thalaga parpam*, *palagarai*, *muthu* chippi, *nathai odu parpam* preparations, *kasthoori karuppu, thalaga karuppu*, *kasthoori chendooram*, *korosanai* powder (dried ox's bile powder, p.s.s. *parpam* mixture, copper (Sembu) *parpam*, *thanga* (gold) *chendooram*, *kalamega narayana chendooram*, any one of these is given with optimal accessory medicines for cough.

V. Single medicines for *Eraippu* (dyspnoea) and *kasa noi* (cough).

See the *Kural kammal Noi* for descriptive notes.

VI. For fever, cough *(Erumal)*, constipation *(malacchikkal)* and for Rhinorrhoea in children.

(i) *Sanjeevi* tablet one or two is given, rubbed with warm water in one time. It causes free evacuation of stools and also alleviates the symptoms.

(ii) *Kasthoori* tablet, *vasantha kusumagaram, bala sanjeevi, amirthathi* tablet, *korosanai* tablet, *santha chanthirodhayam* tablet, *sivappu matthirai* any one of these is given, rubbed with optimal adjuvants in morning and evening for fever, *erumal* (cough), rhinitis, phlegmatic expectoration and for *vayu.* In severe stage of rhinitis, *neer kovai* tablet is applied, rubbed with breast milk or

warm water on the forehead, followed by benzoin resin fumigation.

Adjuvants

(i) Ginger juice, honey, sugarcandy – are used for rubbing the *neer kovai* tablet.

(ii) Breast milk is also used as adjuvant for external application.

(iii) The juice mixture of Adathoda vasica leaves, Solanum xanthocarpum leaves, Solanum trilobatum leaves, Ocimum sanctum (Holy basil) Ocimum album, Mukia scabrella, Mimosa paniculata, and Vitex negundo (five leaved chaste tree) prepared by squeezing after steam heated (pittaviyal) is used with honey and sugarcandy, as adjuvant for the tablet to be rubbed. The tablet is given in morning and evening.

For paediatric cases, *'Naikanai Ennei'* is very much useful. Please refer the Siddha Research Pharmacopoeia. This neem oil preparation is other wise called as eosinophilic lung remedy and bronchial asthma remedy.

The following medicines are used for cough, fever, sinusitis, malaise, constipation and phlegmatic conditions:

1. 2 *Attta bairava* tablets are given with warm water. It cause purgation two or three times and also alleviates the symptoms. Ginger juice with honey also be used instead of warm water.

2. *Mantha Ennei* (*Utthamani thailam – Thailam* preparation of Daemia extensa) is given ½ or 1 teaspoonful in morning only for the purgation. It also alleviates the *'Kapha'* symptoms.

3. *Santha santhirodhayam*, *vasantha kusumagarum, maha vasantha kusumagarum, kasthoori* tablet, *emathanda*

kuligai, korsaṇai tablet, *kumkumapoo* tablet, *thalisathi vadagam* any one of these, may be given following the purgation, with suitable adjuvants said above in morning and evening. '*Adathoda manappagu*' may be useful in cough.

4. The *parpam* preparations of *pavalam* (coral), *muthu* (pearl), *muthuchippi* (pearl shell), *palagarai* (conch shell) deer's horn and the *chendooram*, *sorna pavala chendooram*, *shaya kulanthaga chendooram* and *sorna muthu pavala parpam* are given with suitable adjuvants in morning and evening for cough.

5. The mixture drugs of *Sembu parpam* (copper *parpam*) *Kasthoori chendooram* and *Thalaga* karuppu are also given with the adjuvant of Daemia extensa juice for *kasam, suvasam, saya noi* (pulmonary tuberculosis). (Ref. Marutthuva Bharatham – page 31,32.)

6. *Chittraratthai chooranam* (The *chooranam* preparation of lesser galangal – Alpinia galanga), *Akkirakara chooranam* (The *chooranam* preparation of Anacyclus pyrethrum), the pellitory, *Thalisathi chooranam*, *Thippili rasayanam.*

Anyone of these is given with Anti-*Kapha*-decoction preparations for cough. '*Elai erumal rasayanam*' gives better result for chronic cough and also good for *Eraippu Noi* (Bronchial Asthma).

7. *Karisalai thailam, Karisalai nei, Milagu thailam, Nirkundi thailam*, *Sukku thailam*, any one of these given internally and also used externally for head bath for 'chronic cough'. *Sukku thailam, Arakku thailam* also used for head bath in 'chronic cough' cases.

8. *Nellikkai legiyam, Thoothuvelai nei* and *Kasthoori mezhugu* are also good medicines for cough.

9. Take *pavala muthuchippi parpam, maan kombu parpam* (The *parpam* preparations of deer's horn), *karpoora silajit parpam* and *kasthoori chendooram* each 130mg. *Thalisathi chooranam* – 520mg. mix them well. The mixture is given, with honey or ghee in morning and evening for cough asthma, and for tuberculosis. *Thanga* (Gold) *chendooram* is also be taken in the dose of ½ grain added with the above preparation.

10. Medicine for dry cough

Take dried ginger (Zingiber officinalis-dried), pepper and long pepper (Piper nigrum and Piper longum) in equal amount. Grind them well, then filter by using clear cloth. Add equal amount of sugar and mix them well. Give the mixture in the dose of *'Thirikadi'* (as much as can be held between the tips of thumb-forefinger and the middle finger) mixed with cow's ghee thrice a day. (Brahma Ragasiyam).

Another preparation

Grind the long pepper (Piper longum) finely and filter it by a clean cloth. It is given, in the dose of 2 pinch, mixed with honey in morning and evening for dry cough.

Medicine to be stuffed in mouth for Dry cough

Take Glycyrrhiza glabra (Indian liquorice) fried Borax (Venkarum) and white pepper in equal amount. Grind them with Aloe pulp (Aloe vera – pulp) in a mortar and make into pills in the size of pepper seeds. Then allow the pills to dry in a shady place. 2 tablets are taken in one time to be stuffed in mouth followed by swallowing of saliva. It cures cough.

Decoction for 'Cough'
(Page – 92 Sikitcha rathina Deepam)

Take lesser variety of galangal (Alpinia galanga), unripe fruits of Phoneix dactylifera (unripe dates), dried ginger (Zingiber officinalis – dried rhizome) and Glycyrrhiza glabra

(Indian liquorice) each ¼ palam and cut them into pieces. Collect the pieces in a clean cloth and losely tie the cloth which keeps the pieces within. Allow the cut pieces kept in the cloth, to soak in the mixture by little flame until it loses its moisture. Now add ½ *palam* of powdered sugarcandy and mix well. It it given in morning and evening for 5-7 days.

Indication

Chronic cough.

The value of *Impooral* (Hedyotis umbellata)

(Reference – Page – 111 – Visha Vaidhya sinthamani)

The Hedyotis umbellata cures, dry and allergic cough, phlegm, foetid smell, and dyspnoea *(suvasam)*. It is exclusive medicine for *"Rattha Kasam"*. (Cough with haemoptysis) (Specifically it is the direct medicine for *Rattha kasam*).

Impooral Adai

Take the boiled rice (rice obtained from parboiled paddy) in one handful amount and allow it to soak in water and then collect.

Take the root bark of the Hedyotis umbellata or the whole part of the plant and 10 pepper seeds (Piper nigrum dried seeds). Grind them well with the rice. Then prepare *'Adai'* and fry them in gingelly oil. This *'Adai'* dish is freshly taken in morning time for three days.

It is indicated for cough, irritative cough, congestion of phlegm and for cough with haemoptysis. Avoid salt during medication.

Another medicine for persistent cough, to be stuffed in mouth.

Take pepper (Piper nigrum) seeds in 2 *palam*. Fry them with ghee, then powder them. Add turmeric powder (used in kitchen). (Curcuma longa powder – ½ *palam*). Then mix well.

Prepare *'Pagu'* (sugar syrup) from good variety of jaggery and mix the compound prepared above with the 'pagu'. Add ghee in little amount. The ground matter is rolled in the size of physic nut, and stuffed in mouth. It liquefies the congestive sputum and expectorates. It also cures cough. (tenacious).

'Decoction' for persistent cough

Take cumin seeds (Cuminum cyminum) and garlic pieces (Allium sativum) prepare decoction as per procedure. It is given for persistent cough.

Another preparation

The mixture of extractum Glycyrrhiza (The extract of Indian liquorice) and the sugarcandy powder may be stuffed in mouth for persistent cough.

Medicine for productive cough

Take 5 *palam* (175 gm.) of honey and boil it. Add pepper powder (Piper nigrum powder) and fried Borax (venkaram) each of 8.75 gm. and mix them.

The mixture is given in the dose of 8.75 gm. in morning and evening.

Another preparation

Take dried ginger (Zingiber officinalis), pepper and long in the dose of pepper (Piper nigrum and Piper longum) each of ¼ *palam* (8.75 gm.). Grind them well and filter by clean cloth and prescribe *'Thirikadi'* (as much as can be held in between the thumb, forefinger and middle finger) of pure sugar and mix them. It is given, mixed with cow's ghee in morning and evening times. It cures dry cough.

Another preparation

Take leaves of Solanum xanthocarpum, Solanum trilobatum, Adathoda vasica and Ocimum sanctum in each of

one handful amount and pound them well. Extract the juice from pounded matter by squeezing. Add the extracted juice of the mixture of Acorus calamus (sweet flag), lesser variety of galangal (Alpinia galanga) and ginger (Zingiber officinalis). The mixture is given in the dose of 1-2 ounces for chronic cough, congestion of sputum, and for persistent cough. It may be also taken with palm sugarcandy.

Another preparation

Take the kernel of the Emblica fruit (Emblica officinalis) and grind it with sugar. The ground matter is given in the dose of Areca nut size followed by 162.5 ml. of goat's milk, for asthma and cough.

DRY COUGH POWDER OR PUKAI – ERUMAL *CHOORANAM* (S.R. Pharma)

1. *Chukku Chooranam*
2. *Milagu Chooranam*
3. *Thippili Chooranam*

} each in equal parts (fine *Chooranam*)

These three ingredients should be nicely strained through fine cloth and mixed.

4. White sugar equal to the total weight of the first three ingredients is added to the above compound *Chooranam* and mixed well.

Dose : 10 to 20 grains may be given twice a day well mixed with cow's ghee.

Uses : *Pugai- erumal* or dry cough or *varatchi irumal* persistent cough is cured in 3 days.

1. TONSILLITIS CURE No. 1 (SPECIAL)
(S.R. Pharma)

1. *Chukku Chooranam*
2. *Milagu* fried *Chooranam*
3. *Thippili* fried *Chooranam*
4. *Induppu* finely powdered

} each equal parts or 2 ounces each.

5. *Cheena Karkandu* (Sugar Candy) finely powdered 4 partsor equal to the above 4 ingredients or 8 ounces.

These five ingredients are mixed well and preserved in a bottle.

Note : During administration it is always much useful if we add 2 grains of P.S.M.M. Parpam and grain of *Kasthuri Chendooram* in each dose in cases of several type with persistent cough.

Dose : 5 to 10 grains twice a day with butter or ghee or honey or other suitable *anupanams* may be given.

Uses : Tonsillitis, tonsil enlargements, elongated uvula and cough etc. are relieved.

2. TONSILLITIS CURE No. 11 (S.R. Pharma)

1. *Chukku Chooranam*
2 *Milagu Chooranam*
3. *Thippili Chooranam*
4. *Induppu Chooranam*
5. *Jeeragam Chooranam*
6. *Elarisi Chooranam*
7. *Thalisapatri Chooranam*

| each 2 oz.

8. P.S.S. parpam	1 ounces
9. *Kasthuri Chendooram*	2 drams
10. *Cheena Karkandu*	15 ounces

Mixed well all these and bottled up.

Dose : 5 to 15 grains may be given will mixed with Cow's ghee or butter or honey or other suitable *anupanam.* (adjuvant).

Uses : *Kasam, Swasam, Kshayam* and particulary Tonsillitis are cured.

3. TONSIL CURE No. III (SPECIAL)
(S.R. Pharma)

1. *Chukku Chooranam*
2. *Milagu Chooranam*
3. *Thippili Chooranam*
4. *Kadukkai thol Chooranam*
5. *Thandrikkai thol Chooranam*
6. *Nellikaivatral Chooranam*
7. *Karupuravalli samoolam,* dried, *Chooranam-*

each 2 ounces.

No. : 7 Green *Karupuravalli samoolam* is dried in shade and powdered. One part or 2 ounces is added to the above first six ingredients. They are placed in *kalvam*, rubbed with *manjal karisalai* leaves juice for 12 hours or more and made into pills or gr. wt, each, dried in shade and bottled up.

N.B. After being rubbed and just before being rounded into pills, P.S.M.M. *parpam* 2 *tolas* and *Kasthuri Chendooram* 1 *tola* may be added, rubbed for 15 minutes and then made into pills.

Dose : One pill may be taken twice a day either as pill or as powder well mixed with honey.

Uses : All sorts of tonsil diseases are definitely cured.

N.B. Plain *Karpooravalli* green leaves may be chewed in morning, noon and evening daily which will definitely cure Tonsil diseases in a fort-night. *Karpooravalli* leaves are said to be a specific medicine for tonsil disorders.

4. KAKKUVAN ERUMAL NIVARANI No. 1 OR WHOOPING COUGH REMEDY No. 1 OR WHOOP CURE No. 1 (SPECIAL) (S.R. Pharma)

1. *Myliragu* ½ viss is taken and burnt into ash weighing - 7½ *tolas.*
2. *Milagu* Ibs. 1½ is taken, powdered coarsely and fried into ash weighing. - 7½ *tolas.*

   (Both these are taken in equal parts)
3. *Lavangam Chooranam* - 4½ *tolas.*
4. *Athividayam Chooranam* - 4½ *tolas.*
5. *Thippili* 20 *tolas* is taken and fired into ash weighing - 3 *tolas.*
6. *Pavala Chooranam* No. 2 - 3 *tolas.*
7. *Sringi Parpam* No. 2 - 3 to 7½ *tolas.*
8. *Muthuchippi Parpam* - 3 Tolas
9. *Silajathu Parpam* - 3 Tolas
10. *Kasthuri Chendooram* - ½ to 1 *tola.*

These ten drugs are mixed together as per rules in a mortar and preserved in a suitable bottle. Better to add P.S.M.M. Parpam 12 *tolas* in place of items, 6,7,8, and 9.

Dose : 3 to 10 grains twice a day may be given according to the age of the children, well mixed with cow's ghee or honey or preferably in goat's milk.

Uses : Particularly whooping cough is relieved. Cough, vanthi, *jwaram* and *chalikattu* are also cured. Goat's milk fresh may be given to children twice a day for 20 days which gives good relief tc the spasms, and whoop.

5. KAKKUVAN LEGIYAM OR WHOOP-CURE LEGIYAM (S.R. Pharma)

1.	*Kandangathiri samoolam* juice	l part or 1 Ib
2.	*Karunthulasi* juice	2 parts or 2 Ibs
3.	*Adathodai* leaves juice	3 parts or 3 Ibs
4.	Honey	4 parts or 4 Ibs.

5. *Chukku*
6. *Milagu*
7. *Thippili*
8. *Kadukkai thole*
9. *Thandri thole*
10. *Nellivatral*
11. *Lavangam*
12. *Lavanga pattai*
13. *Elarisi*
14. *Chitharathai*
15. *Perarathai*
16. *Athimathuram*
17. *Thalisam*
18. *Jathikkai*
19. *Jathipathiri*

(Items 5–19:) each 2 grams, fine *Chooranam.*

20. *Panankarkandu* 30 *tolas*

21. Cow's ghee ½ *tolas*

METHOD OF PREPARATION

The juices are mixed, boiled, reduced to ½ part, then *panankarkandu* is dissolved in the solution, boiled again, made into *pagupatham* or syrup consistency, the *Chooranam* is then added and mixed well. Cow's ghee ½ lb. is added and removed from the fire. On being cooled, honey is added, mixed well and preserved in a jar.

Dose : ¼ to ½ *tolas* according to the age for children under 10 years may be given twice a day.

Uses : This is a direct and specific medicine for whooping cough. Better to give goat's milk morning and evening as soon as it is drawn from the goat, as a preventive and curative for whoop.

8. ERAIPPU NOI
(ASTHMA)

Treatment

Purgatives are first given to correct the exceeded *kapha* like humours and to reduce the intensity of the increased *'Udhana vayu'*. Then the medicines for the diseases and diet are followed.

For purgation

i. Take spreading hog-weed root (Boerhaavia diffusa root), Linged – leaved clitoria root (Clitoria ternatea root), Turpeth root (Ipomoea turpethum root) and dried leaves of Indian senna (Cassia lanceolata) each 9 gm. Add 1.3 litres of water and boil them until it reduces into 1/8 part, and filter. This decoction is given in the dose of 42 ml to 84 ml. in morning time only.

ii. *Uthamani thailam* (*mantha ennai* – Daemia extensa-*thailam*) is given in the dose of ½ teaspoon with milk in morning time only. It causes purgation and also alleviates *Eraippu Noi*. Treatment may be continued for three days in morning time only if required.

iii. In children, *sanjeevi mathirai,* is given for purgation. *ashtabairava kuligai, lavangathi* tablet, *meganatha kuligai, vacchira kandi* tablet, *seevarathina kuligai, sugaviresana kuligai* any one of these can be given in morning time only with warm water for purgation in adults.

Note

Sanjeevi tablet (1 or 2) is also given with the Daemia extensa juice (4 or 5 drops) for purgation.

1. Treatment for the diseases

The *parpam*, *chendooram* and *chunnam* preparations of *pavalam* (coral), *muthu* (pearl), *sirungi* (dear's horn), *velli* (silver), *muthu chippi* (pearl shell), *thalagam* (yellow arsenic), *sembu* (copper) and *thangam* (Gold) are good for asthma.

Kalamega narayana chendooram, *thalaga karuppu, kasthoori mezhugu, kasthoori karuppu, suvasa kudori, maha vasantha kusumagaram, poorna chanthirodhayam, sambirani poo* tablet and *talisathi vadagam* are given in optimal doses with suitable adjuvants in morning and evening. Besides these, *thooya kulanthegan,* sorna pavala muthu *parpam* are also useful. *'Kapha'* reducing decoction preparations, *pittaviyal, surasam*, *legiyam* and powders are used as accessory medicines. Those are, (i) Adathoda decoction (ii) *Thalisathi* decoction, (iii) *'Pittaviyal surasam'* preparation of leaves Adathoda vasica (malabar nut), Solanum xanthocarpum, Ocimum sanctum (Holy basil), Solanum trilobatum, Ocimum album, Mukia scabrella and Piper longum (long pepper) (iv) *Elai erumal Rasayanam* (v) *Talisathi chooranam* (vi) *Thippili Rasayanam* (long pepper Rasayanam), (vii) *Aratthai chooranam.*

2. Raw drugs

Alpinia galanga (lesser galangal), Flacourtia catapracta (many spiked flacourtia), Piper longum (long pepper), Glycyrrhiza glabra (Indian liquorice), Saussurea lappa root (costus root), Eugenia caryophyllata dried flower buds (clove), Anacyclus pyrethrum (pellitory), Clerodendron serratum, *moongiluppu* (a medicinal salt found in bamboo), dried ginger (Zingiber officinalis – dried), pepper (Piper nigrum) and Piper longum root (long pepper – root) are good for asthma cure.

3. Medicinal leaves

The juices of the leaves of Ocimum sanctum (Holy basil), Solanum xanthocarpum, Adathoda vasica (malabar nut),

Ocimum album, Solanum trilobatum, Mukia scabrella, Piper longum (long pepper root). Eclipta alba, Alternanthera sessilis. Daemia extensa, flower of the Leucas aspera. Hedyotis umbellata, Solanum nigrum are useful.

4. ***Sembu parpam*** (*parpam* preparation of copper) is given with dried unctuous secretion of civet cat (Viverra civetta). Musk, (Testicular extract of Moschus moschiferus or preputial secretion of moschus moschiferus deer) and with the juice of Daemia extensa, for *Eraippu noi* (asthma) (Ref .Theran maruthuva Bharatham).

5. Other medicines in current practice

Take fried hen's egg shell. Add fuller's earth and water in adequate amount. Boil them and get the shell cleaned. Grind the shell with Hygrophila spinosa juice in a mortar. Then make it into pills and keep them in a crucible. Cover the crucible with a soiled cloth. Calcine the ground matter as per procedure. Do calcination for three times. Sometimes, the fine *parpam* may be obtained in one time calcination. This *parpam* is called as "*Chittranda parpam*". It is given in the dose of 130mg. to 150mg. with decoction preparation of Picrorrhiza kurroa powder and Toddalia aculeata root in morning and evening for *Eraippu noi*.

Diet

Patient should know the unsuitable and suitable food items for him. Foods which are easily digestable and reducing *'Kapha'* are taken in minimal amount. Bread and milk may be taken in night time, *kanjee* like liquid diet could be taken. In severe *Eraippu* times, *kanjee* food is very suitable. Foods, which are hardly digested, should be avoided.

The medicaments described in *Erumal noi* and *Elaippu noi* are also applicable for '*Eraippu noi*'.

Pavala Veera Chunnam

It is very good medicine for *'asthma'* and is useful in *erumal* (cough), *eraippu* (dyspnoea), *elaippu* (pulmonary tuberculosis), *manjal kamalai* (Jaundice) and in the case of gallstones. It is given in the dose of 1 pinch to 2 pinches with suitable adjuvants in morning and evening.

Medicines, which are given in Siddha Research centre for *Eraippu Noi*

1. '*Eraippu Noi*' tablet

(No.1 Bronchial Asthma pills, Eosinophilic Asthma pills). 2 tablets are given powdered and mixed with honey in morning and evening, accompanied by the decoction, *pittaviyal surasam* said above.

2. *Eraippu Noi* – Podi (powder)

(No.1 – Bronchial Asthma or Eosinophilic lung remedy powder). Take Thalaga karuppu, *kasthoori karuppu* or *chendooram*, *pavala veera chunnam*, *kalamega narayana chendooram*, *muthu parpam*, *sirungi parpam*, *muthu chippi parpam*, *thanga chendooram*, in each of grain dose, *Thalisathi chooranam*, Aratthai *chooranam*, *Akkirakara chooranam*, *Thippili rasayanam, Thirikadugu chooranam* any one of these, in 4 pinch dose. Mix them well; Give the mixture with honey in morning and evening for '*Eraippu noi*'.

3. *Eraippu Noi podi* (powder) – No.2.

(No. 2 Bronchial Asthma and Eosinophilic lung remedy). Take

(i) *Eraippu noi* tablet (powdered) – 1gm.

(ii) P.S.S.*Parpam* - 1gm.

(iii) *Kasthoori Chendooram* – 1gm.

(iv) *Kalamega narayana chendooram* – 1gm.

(v) *Talisathi chooranam* – 2gm.

Mix them well. Give the mixture in the dose of 5-10 grains in 2 or 3 times a day with honey.

4. *Eraippu Noi Podi* (powder)

(No.3 – preparation – Bronchial Asthma and Eosinophilic lung remedy).

Take the following:

(i) *Sivanar amirtham* – 1gm.

(ii) *Kalamega narayana chendooram* - 1gm.

(iii) *Thalaga Karuppu* - 1gm.

(iv) *Kasthoori chendooram* - 1gm.

(v) P.S.S. *parpam* – 4gm.

(vi) *Suvasa kudori* tablet (powdered) – 4gm.

(vii) *Talisathi chooranam* – 12gm.

Mix them well. Give the mixture in the dose of 10-15 grains in morning and evening with honey.

Single drugs, which are used in '*Eraippu Noi*'

(Page-6- Vaidhya sathagam)

It has been already described in *'Kural Kammal noi'* (hoarseness) and *Erumal noi.* These single drugs may be used combiningly to prepare *chooranam*, *legiyam*, *surasam*, and decoction for '*Eraippu noi*'.

Line of treatment for '*Eraippu Noi*'

1. Fomentation

Take some *thaila* preparations such as; *(kukil thailam, sadamanjil thailam, karpoorathi thailam, karisalai thailam, Nirgundi thailam, arakku thailam, sukku thailam, milagu thailam, santhanathi thailam).* Use any one of these to do gentle massage and to rub on the chest or on the thorax, followed by fomentation. This kind of fomentation is

especially advised in anhydrotic warmy and dry skinned persons. Bran-fomentation is advised in perspiration skinned persons. It liquefies the phlegmatic congestion and also alleviates the chest-tightness.

2. Vomiting may be induced to expel the liquified sputum

(i) Clerodendron inerme (Garden quinine) juice.

(ii) Eclipta alba – juice.

(iii) The juice or surasam preparation of Strychnos potatorum tender leaves.

Any one of the above is given to induce vomiting or Adathoda vasica (malabar nut), Solanum trilobatum, Solanum xanthocarpum, Flacourtia catapracta (many spiked Flacourtia), lesser galangal (Alpinia galanga) and Mukia scabrella like anti-*kapha* medicines will be given to expectorate sputum.

3. Purgation is also followed to remove or expel the *'vayu'* that had been blocked by excessive *kapha*. *Ashta bairava kuligai, sanjeevi* tablet, *kodasuzhi kuligai, vacchira kandi* tablet, *seevarathina kuligai, sugaviresana kuligai, agathiar kuzhambu* and *lavangathi meganatha kuligai,* any one of these be given in required dose once.

The mixture of 4 parts in *'Suga thegi'* (normal body condition) castor oil (Ricinus communis) and 1 part of good quality honey is given in the dose of 1 ounce in morning time only for purgation. It is very much useful in '*Eraippu noi*'.

4. Inhalation of the vapour of medicinal plants also useful in *Eraippu Noi*.

Take Datura alba (Thorn apple) leaves, Calotropis gigantea leaves (Gigantic swallow wort leaves) and the poppy capsules (Papaver somniferum – poppy capsules) - any one of these is added with sufficient quantity of water or cow's

milk and heated. The vapour, which comes out, should be inhaled.

5. Smoke the fume of some drugs smoulders also helpful in *Eraippu noi*.

(i) Take 1 part of potassium nitrate salt and dissolve it in 7 parts of water. Drench a blotting paper in the solution and curl it to a roll. It may be used for smoking.

(ii) Take Datura fastuosa flowers and cut them to small pieces. The small pieces of the Datura fastuosa (Balck-thorn apple flower), flowers may or may not be mixed with the small pieces of Tobacco (Nicotiana tobaccum) and with the potassium nitrate salt (Vediuppu). Keep the mixture in a leaf of Butea frondosa (Bastana Teak leaf) or in a paper and curl the paper to a roll. Use it for smoking. (For the 10 parts of the Datura fastuosa flowers one or two parts of tobacco is added). Sometimes, the long smoking of Datura fastuosa flowers may be used. The Datura seeds powder is also used for smoking. Which gives good result.

6. After these, the medicines described above for *Eraippu noi* should be followed.

Note

The following *thailam* rubbing and massage, fomentation, inducing vomiting and purgation, inhalation of smoke, fumigation and the internal medicines will cure '*Eraippu noi*'.

Sarva sankara uppu Parpam* or *Elai Noi Nivarani

Take Acalypha indica palnt (Indian Acalypha) and allow it to dry in a shady place. Then burn it into ash dissolve it in urine and mix them well. Allow it to stand for a while. Then collect the supernatant liquid and boil it until it loses its moisture, then allow it to dry under sunlight and collect the

salt. Grind the salt with Vitis qudrangularis juice in a mortar. Make the ground paste into pills. Keep the pills in a crucible and cover the crucible by a soiled cloth, calcine the pills by using cow-dung cakes as fuel.

Dose

1 grain dose of the calcined *parpam* is given with *Thirikadugu* powder (mixture powders of dried ginger, pepper and long pepper) and honey in morning and evening for *Eraippu Noi*. *Erumal* (cough). *Elai* (pulmonary tuberculosis) and for phlegmatic conditions.

Our Research Preparations for Bronchial Asthma:

1. Bronchial Asthma and Eosinophilic Lung Remedy No. 4 or Swasa-kasa Nivarani Powder (Special) (S.R. Pharma).

1.	P.S. *Parspam* (Pavalam Sringi Parpam)	2 grams.
2.	*Kasthuri Chendooram*	2 grams.
3.	*Vasantham* or *Balasanjeevi* powder	2 grams.
4.	*Swasa kudori* powder	2 grams.
5.	*Sivanaramirtham*	2 grams.
6.	K.M.N. *Chendooram*	2 grams.
7.	T*halaka karppu*	2 grams.
8.	G*owthamar Chooranam*	14 grams.

Thirikadugu or *Thalisathi Chooranam*s also may be used. Well mixed and bottled up.

Dose : 5 to 15 grains to be taken morning and evening well mixed with honey.

Uses : *Kasam, swasam, kaya noi*, *jwaram* and *marbu noi* etc. cured, particularly bronchial asthma and eosinophilic lung are relieved.

2. Dr. M.S. Velu's Bronchial Asthma Specific No. II (S.R. Pharma)

1.	*Ulantha Linga Kattu Chendooram*	4 p.w.
2.	*Rasa Chendooram* No. III (or *Swarna Valai Rasa Chendooram*)	8 p.w.
3.	*Kalamega Narayana Chendooram*	8 p.w.
4.	*Naga Chunnam* No.1	8 p.w.
5.	*Pavala Chunnam* No.2	8 p.w.
6.	*Muthu Chippi Parpam*	8 p.w.
7.	*Palakarai Parpam*	8 p.w.
8.	*Sringi Parpam*	8 p.w.
9.	*Sangu Parpam* No.1	8 p.w.
10.	P.S.M.M. *Parpam*	8 p.w
11.	*Muppu Chunnam*	8 p.w.
12.	*Korosanai* pills (Special)	8 p.w.
13.	*Pachai karpuram* No.1 quality	12 p.w.
14.	Menthol	4 p.w.
15.	Thymol	8 p.w.
16.	Quinine Hydrochloride	12 p.w.
17.	Best *Kungumappoo*	4 *tolas.*
18.	*Posthakkai thol*	13 *palams.*

Posthakkai thol pounded, is made into a concentrated decoction as per rules by adding about 12 measures of water, reducing it to 1/8 part, filtered or strained and *Rasa-Kriya* is prepared out of it. This is *posthakkai thol* extract-12 p.w. This is dried in the hot Sunlight, and bottled up for use.

19.	Best Musk	½ *Tola*
20.	Otto-Rose	½ Teaspoonful
21.	*Elakkai arisi Chooranam*	½ *palam* (17.5 gm)
22.	*Kadukkai thole Chooranam*	½ *palam*
23.	*Omam Chooranam*	½ *palam*
24.	*Chukku Chooranam*	½ *palam*
25.	*Milagu Chooranam*	½ *palam*
26.	*Thippili Chooranam*	½ *palam*
27.	*Karunjeerakam Chooranam*	½ *palam*
28.	*Chirunagapoo Chooranam*	½ *palam*
29.	*Seemai Athividaya Chooranam*	½ *palam*
30.	*Valmilagu Chooranam*	½ *palam*
31.	*Best Jathi-Kottam Chooranam*	½ *palam*
32.	*Kattathippoo Chooranam*	½ *palam*
33.	*Lavangam Chooranam*	½ *palam*
34.	*Athimathuram Chooranam*	½ *palam*
35.	*Akkarakaram Chooranam*	½ *palam*
36.	*Chitharathai Chooranam*	½ *palam*
37.	Best Honey	

(Q.S. or about Ib 1 to make the consistency wax).

All the above ingredients are mixed together as per rules in a *kalvam,* rubbed well adding honey little by little and made into pills of 1 *Kundri* size or 2. grains size each. It is better to bottle up the waxy mass so that it may be dispensed in empty gelatin capsule or as pills, to be taken well mixed with honey as and when necessary.

Dose : One capsule for a dose may be swallowed with water or in the form of a pill be taken well mixed with honey, two or three times a day before food or as and when there is an attack. This specific medicine may be used both as prophylactic and as a prompt curative.

Uses : Bronchial Asthma, Eosinophilic Lung, Cardiac asthma and all *Pitha-Kapha* or *Vatha Kapha* diseases are cured.

3. Dr. M.S. Velu's Bronchial Asthma Specific No. II (Im – proved method). (S.R. Pharma)

1.	*Ulantha Linga Kattu Chendooram*	4 p.w.
2.	*Swarna Valai Rasa Chendooram*	8 p.m.
3.	*Kalamega Narayana Chendooram*	8 p.w.
4.	*Naga Chunnam* No. 1	8 p.w.
5.	*Pavala Veera Chunnam*	8 p.w.
6.	*Muthuchippi Parpam*	8 p.w.
7.	*Palakarai Parpam*	8 p.w.
8.	*Sringi Parpam*	8 p.w.
9.	*Sangu Parpam*	8 p.w.
10.	P.S.M.M. *Parpam*	8 p.w.
11.	*Muppu Chunnam*	4 pinches
12.	*Korojanai* pills	8 p.w.
13.	*Sarparanjan Gudika*	8 p.w.
14.	*Pachai-Karpuram*	12 p.w.
15.	Menthol	8 p.w.
16.	Thymol	4 p.w.
17.	Quinine Hydrochloride	12 p.w.

18. Best *Kungumappu* — 12 p.w.
19. *Posthakkai thol* — 10 *palams*

Posthakkai skin is made into a concentrated decoction as per rules, filtered – again *Rasakriya* prepared out of it- dried and taken (i.e *Posthakkoi thol* extract – 12 p.w.)

20. Best Musk — ½ *tola*
21. Otto-Rose — ½ teaspoonful
22. *Thalaka Chendooram* or *Thalaka karuppu* — 4 p.w.
23. Sivanaramirtham — ½ *palam* or 5 p.w.
24. *Elakkai* arisi *Chooranam*
25. *Kadukkai* thole *Chooranam*
26. *Omam Chooranam*
27. *Chukku Chooranam*
28. *Milagu Chooranam*
29. *Thippili Chooranam*
30. *Karunjeerakam Chooranam*
31. *Chirunagappoo Chooranam*
32. *Athividayam Chooranam*
33. *Jathikottam Chooranam*
34. *Valmilagu Chooranam*
35. *Kattathippoo Chooranam*
36. *Athimathuram Chooranam*
37. *Lavangam Chooranam*
38. *Chitharathai Chooranam*
39. *Akarakaram Chooranam*
40. Thippili mulam *Chooranam*

(items 24–40) each 5 p.w.

All the above ingredients are nicely powdered mixed together in a *kalvam* as per rules, rubbed well with honey little by little into waxy consistency and bottled up.

Dose : About pepper size or 2 grs. May be taken well mixed with honey or enclosed in a gelatin capsule or sugar 2 or 3 times a day or as and when necessary.

Uses : Bronchial and cardiac asthma are relieved. So also eosinophilia of the lungs in responded to *pitha-kapha* or *kapa vatha* diseases are also well treated.

4. BRONCHIAL ASTHMA CURE No. III (PREPARED OF NAGA *CHUNNAM* No.1)

1. *Naga Chunnam* No.1 1 Part
2. Thirikadugu *Chooranam* or *Panchadeepagni chooranam* – 5 parts.

These two ingredients are well mixed together and bottled up.

Dose : 5 to 15 grains may be given twice a day, well mixed up with honey or cow's ghee or butter or other suitable *anupanam.*

Uses : *Kasam, Swasam, Kshayam, Eraipu Noi* and indigestion, etc., are cured. Particularly this medicine is useful in severe type of Bronchial asthma, piles, flatulence and mahodaram.

5. BRONCHIAL ASTHMA CURE POWDER No.5 (SPECIAL)

1. *Swasakudori* No. 1 powder 4 drams.
2. *Pavala Chunnam* No. 3 1 drams.
3. *Sringi Parpam* 1 drams.
4. *Kasthuri Chendooram* 1 drams.

5. *Sarparaja gudika* powdered 1 drams.
6. *Thalisathi Chooranam* 1 ozs

Mixed well and bottled up.

Dose: 5 to 10 grains may be given 2 or 3 times a day well mixed with honey.

Uses : *Kasam, Swasam, Kshayam* and Eosinophilia of the lung are relieved.

Bronchial asthma is very well controlled.

6. BRONCHIAL ASTHMA CURE SOLUTION (SPECIAL)

1.	*Swasakudori* pills No.1	4 oz (powdered)
2.	*Vellai Erukkan* flowers juice	1 ounce.
3.	*Kuppaimeni* leaves juice	8 oz
4.	*Kammaru - Vetrilai* juice	8 oz
5.	Honey	1 Ib

Mixed well and preserved in a bottle.

Dose : One teaspoonful with hot water 2 or 3 times a day or when there is an attack of asthma.

Uses: Bronchial Asthma and Eosinophilic lung are relieved.

7. *NARPAVALA CHUNNAM* No. 1 (S.R. Pharma)

Purified *Narpavalam* – 200 grams.

Rubbed with *Sotrukathalai* or *Kumari* juice for one day, *villai* (pills) is made, dried, enclosed in a pair of suitable *agals,* clay cloth seven layers are provided to the margin and is subjected to *putam* with 300 var, Next, rubbed with *Keezhkaineli* juice for 2 days, *pills* are made and subjected to *putam* as per rules with 300 cowdung cakes. On being cooled the medicine is secured, powdered and bottled up.

Dose : 2 to 4 grains to be given with cow's butter or ghee or other suitable *anupanam* twice a day.

Uses : *Kasam, Swasam, Kshayam, Ushnathikkam,* jaundice and rickets are cured. It acts much better than *kodipavala parpam* or *chunnam.*

8. BRONCHIAL ASTHMA AND EOSINOPHILIC LUNG REMEDY No. 6 (S.R. Pharma)

1.	*Swasakudori*	4 drams.
2.	K.M.M. *Chendooram*	1 dram.
3.	*Sivanaramirtham*	1 dram.
4.	P.S.S. *Parpam*	3 drams.
5.	*Thalaga karuppu*	1 dram.
6.	*Kasthuri Chendooram*	3 drams
7.	*Thalisathi Chooranam*	12 drams.

Well mixed and bottled up.

Dose : 1 to 2 pinches to be taken with honey or other anupanams 2 or 3 times a day.

Uses : Bronchial Asthma, Eosinophilic lung and all related diseases are cured.

9. FOR EOSINOPHILIA (S.R. Pharma)

Pavala Chunnam	Gr. II
Sringi Parpam	Gr. II
Kasthuri Chendooram	Gr. II
Thalisathi Chooranam	Gr. V

For a dose b.d. with honey, is very effective.

9. ELAIPPU NOI (TUBERCULOSIS)

Treatment

Elaippu noi is caused due to increased kapha depressed by the seven tissue humours of the body and it also produces secondary disease stimulating the vayu. So to correct the increased and deranged humours and other disturbed accessory humours should be correct. First, it is followed by the drugs to strengthen the body and then tissue humours to correct the *'vayu'*.

'*Elaippu Noi*' affects the natural appetite, body strength and produce emaciation. So, the medicines and foods given in *Elaippu noi* should stimulate appetite and strengthen the body.

The increased kapha due to dryness should be treated by vomiting, and purgation. The dryness is alleviated by giving milk and ghee added preparations like,

1. *Marukkarai nei, marukkarai kudineer* are given in optimal doses to induce vomiting and phlegmatic expectoration.
2. *Nilavarai nei* is given for purgation.
3. *Korosanai* powder is given for both vomiting and purgation.

Other than these, carminatives, digestives and tonics are also given to correct the deranged humours, which is followed by some higher medicines like (mercury), *rasa, uparasa, padanam, thangam* (Gold), *muthu* (Pearl), *navalogam*, and *navamani, chendooram* and *parpam* preparations.

II. 1. 'Marukkarai Nei' preparation for inducing vomiting

Take Euphorbia nerifolia juice (juice of common milk Hedge)-84 ml. Randia dumetorum fruit (Emetic nut fruit)-2, *Palam* (70 gm.), Indian liquorice (Glycyrrhiza glabra)-1

palam, dried ginger, pepper and long pepper each ½ *palam* and cow ghee – ½ padi (650ml.). Boil the contents and filter as per procedure. Dosage 1 teaspoon only in the morning to induce vomiting. It also expectorates sputum and alleviates *Kapham*.

2. *Korosanai Karuppu* or *Korosanai* powder

(Ref. Siddha vaidhya thirattu – SVT)

It is given in one pinch dose with coriander seeds decoction (Coriandrum sativum) for vomiting and purgation purposes.

3. Preparation of *Nilavarai Nei*

Take Cassia lanceolata leaves (Indian senna), Turpeth root (Ipomoea turpethum root), Randia dumetorum root (Emetic nut root), dried ginger (Zingiber officinalis), Cardamom seeds (Elettaria cardamomum seeds), lesser variety of galanga (Alpinia galanga) and Sarcostemma brevistigma root each 1 palam, and water – 2.6 litres. Boil them, until it reduces into ¼ part. Then add 650ml cow's ghee and boil again, then filter. It is given in the dose of 1 teaspoon in morning and evening for vomiting and purgation purposes. It also stimulates appetite.

II. For purgation: another preparation

(i) *Utthamani ennei* – (*mantha ennai* – Daemia extensa) oil preparation.

(ii) *Kalarchi ennei* (Caesalpinia bonduc-physic nut-oil preparation).

Any one of the above is given in the dose of ½ - 1 teaspoonful in one time only for purgation.

(iii) Of the *Vacchirakandi* tablet, *sanjeevi* tablet, *asta bairavam* any one can be given for purgation.

II. Medicines to stimulate appetite

1. Preparation of *Nandu theeneer*

Collect the crabs in number of 200, from the ridges of the fields and remove unnecessary parts, then clean them. Pound them and put the pounded crabs in a vessel. Add 15 *padi* (19.5 litre) water, cumin seeds (Cuminum cyminum), Zingiber officinalis (Ginger), clove (Eugenia caryophyllata), Cinnamomum cassia, inner barks (chinese cassia), nut meg (Myristica officinalis), Arillus of the nut meg (mace), Arillus of the Myristica officinalis seeds) and Ajowan seeds (Carum roxburgium) each 1 *palam;* pound them well and prepare *'theeneer'* by distillation method. Then filter. It is given in the dose of 21 ml to 42 ml in morning and evening for stimulation of appetite. It is also a general tonic to our body. It is a very experienced medicine.

2. The Preparation of *Nathai Nei*

Take snail flesh 1.4kg., goat's milk-5.2 litre, and cow's ghee-2.6 litre, mix well and boil them, then filter. Take the pounded matter of Eugenia caryophyllata (clove), nutmeg (Myristica officinalis), mace (Arillus of the Myristica officinalis seeds), Plumbago zeylancia (ceylon lead wort), Withania somnifera root (winter cherry), Asparagus racemosus tuber, long pepper (Piper longum), pepper (Piper nigrum) and dried ginger (Zingiber officinalis rhizome) in each of 35gm. Then add 5.2 litres of water. Boil them until it reduces into ¼ part. Add this decoction with the ghee prepared above and boil them until it loses the moisture, then filter. It is given in the dose of 1 teaspoonful in morning and evening for stimulation of appetite. It enhances digestion and also acts as a tonic.

3. *Udumbu Nei* (The nei preparation of Varanus sp-monitor *(udumbu)*, 4. *Muyal nei* (The nei preparation of rabbit). These are also given in optimal doses in the morning and evening for good results.

4. *Mathirai* (tablets)

The tablets of

(i) *Shayakulanthagam*

(ii) *Poornachandhirothayam,*

(iii) *Mahavasantha kusumakaram* and

chendooram preparations can also be given in optimal doses with appropriate submedicines (accessory medicines) for *Elaippu noi* (tuberculosis).

5. *Parpam and chendooram* preparations

The parpa *chendooram* which are all given for Erumal and *Eraippu Noi* may also be used in *Elaippu noi*. The *parpam chendooram*, *chunnam* and *kattu* preparations of *pavalam* (coral), *muthu* (pearl), *muthuchippi* (Pearl shell), *sirungi* (deer's horn), *karpoora silasathu*, *thalagam* (yellow Arsenic Trisulphide), *rasam* (mercury), *kanthagam* (sulphur), *thangam* (Gold), *velli* (silver), Ayam (iron) and *gaantham* (magnatite ore) (The calyx, oxide, calcinate and *kattu* consolidated preparations) also give better results in *Elaippu noi* (Tuberculosis).

6. Diet

Milk, ghee, fruits and meat are need to be given to nourish the body, according to the patient's digestive conditions. Easily digestible vegetables, greens (keerai) are also be given. The finely cooked meats and soup preparations of crab, snail, rabbit, dove, wild mouse, Varanus – monitor, fruit eating bat and goat are also given according to the patient's digestive condition in *Elaippu noi*.

Some important notes in *Elaippu noi* and good medicaments

In *Ealippu Noi*, the drugs which can balance or equalise the *pitha* and act as *anti-kapha* should be given. Besides this,

the treatment should be given appropriate to the symptoms and signs, since, *Elaippu noi* shows the sinister signs is '*Raja Noi*'. Only the deserving drugs and foods which could correct the defected humours, stimulate appetite and enhance the digestive should be given. This will promote the strength of the seven tissue humours and the patient's weight. It also alleviates the symptoms like *suram* (fever), *erumal* (cough), *sali* (phlegm), *thagai moocchu vangal* (dyspnoea or hyperopnea) and general debility.

I. To balance or equalise pitha and increased thirsty feeling or to alleviate the symptoms due to increased pitha. (may follow the instructions given in Vaidya-sathagam-9 and 26)

Glycyrrhiza glabra (Indian liquorice), Andropogan muricatus (khus-khus root), another variety of Vettiveria zizanioides, sweet pomegranate (Punica granatum) fruit, Bassia longifolia flower (The flower of Indian cotton tree), Emblica fruit (Emblica officinalis), Trichosanthes cucumerina (wild snake gourd), tender coconut water (Cocos nucifera), sugar, Borneo camphor, Tinospora cordifolia stem, puffed rice, milk, flour of puffed rice, Mollugo cerviana, Hemidesmus indicus (Indian sarsaparilla), the water in which the Phaseolus mungo (green gram) was soaked, Gmelina asiatica root, cashew nut (Anacardium occidentale), Phoenix dactylifera (Dates), Cyperus rotundus (nut grass), coriander seeds, (Coriandrum sativum), sandal wood (Santalum album), cold water, good variety of honey, Andrographis paniculata (chiretta), Asparagus racemosus tuber and red variety of sugarcane (Saccharum officinarum), all these cure thirsty feeling due to the hyper consumption of food. (more intaking of food).

Lesser variety of Saccharum spontaneum (thatch grass), Andropogan nardus (citronella grass), sacred kusagrass (Poa-

cynosuroides), greater variety of Saccharum spontaneum (Thatch grass), Tinospora cordifolia stem, sandal wood (Santalum album), coconut milk (Cocos nucifera), tender coconut water, pearl *(muthu)*, Mimusops hexandra (Indian mimusops), Amaranthus gangeticus *(siru keerai),* Bassia longifolia flower (Indian butter tree flower), white water lilly-tuber (Nymphaea alba-tuber), sweet pomegranate (Punica granatum), Indian liquorice (Glycyrrhiza glabra), neem (Azadiracta indica), sugar, cashew nut (Anacordium occidentale), Jasminum grandi florum flower, Eugenia jambalona (Black berry), Ficus infectoria, Ficus religiosa (sacred fig), Ficus glomerata (country fig), Nelumbium speciosum (sacred lotus), Coccinia indica, Andropogar muricatus (khus-khus root) and its another variety (Cuscus root), Adathoda vasica (malabar nut), Hemidesmus indicus (Indian sarsaparilla), Ficus bengalensis (Banyan tree), Emblica officinalis (Indian gooseberry), *poomichakkarai kilangu,* white sugarcandy, Cucurbita maxima (pumpkin), Cucumis sativus (common cucumber), plantain fruit (Musa sapientum fruit), Phoenix dactylifera (Dates), Aloe vera pulp (Aloe), Fumaria parviflora, Moringa oleifera (Drumstick tree-flower), Mukia scabrella, Phaseolus mungo (Green gram), Cassia tora, ghee, Trichosanthes cucumerina (wild snake gourd), Pongamia glabra (Indian beech), root of Gmelina asiatica, and Borneo camphor are the drugs which reduce the increased *pitham.*

Drugs indicated for vomiting

Pure mud found in ant-hill, tender leaves of Eugenia jambolona (Black berry – Tender leaves), Aegle marmelos (Bael fruit tree), Flacourtia catapracta (many spiked flacortia), fried rice flour, dried ginger (Zingiber officinalis), sugar, honey, tender coconut-water, milk, Zizyphus jujuba seed (jujuba fruit seeds) cumin seeds (Cuminum cyminum), Citrus medica, coriander seeds (Coriandrum sativum), pomegranate

fruit (Punica granatum), Cyperus rotundus (nut grass), wood apple (Feronia elephantum), Andropogan muricatus (khus khus root), and sandal wood (Santalum album) are the drugs given for vomiting.

4. Drugs given to stimulate appetite

Thirikadugu (Dried ginger, pepper and long pepper, ginger Zingiber officinalis), jaggery, cumin seeds (Cuminum cyminum), *Trisatham* Cinnamomum cassia (inner bark of chinese cassia), leaves of cinnamomum (Cassia cinnamom) and Cardamom seeds (Elettaria cardamomum), Solanum trilobatum, rock salt (sodium chloride impura), root of the Piper longum (long pepper-root), Citrus medica (mathulam), sugar, Flacourtia catapracta (many spiked flacourtia), flower of the margosa tree (Azadiracta indica flower), root of the Piper nigrum (pepper root) and Fumaria parviflora (common fumitory) are the drugs given to stimulate the appetite (Appetizer).

Note

1. The *kudineer* (decoction), *surasam*, *chooranam*, *legiyam* preparations with the ingredients of the above drugs are given for the symptoms caused by the vitiated *pitham*.

2. For the symptoms caused by the increased, *kapha* and *pithakapha,* the preparations of the above drugs are given in appropriate dosage.

(i) Drugs for *Suvasakasam* (Bronchial Asthma)

Clerodendron serratum, Ferula asafoetida (Asafoetida), Pimpinella anisum (Anise, sweet fennel), cumin seeds (Cuminum Cyminum) Picrorrhiza kurroa, ajowan seeds (Ptychotis ajowan), yellow Arsenic (Trisulphide), red orpiment, Acorus calamus (sweet flag), Shorea robusta (sal tree), Acacia catechu (Black catechu tree), nutmeg (Myristica officinalis), Potassium carbonate (Impura), Rhus succedenea

(The galls), Cedrus deodara (pinus deodara), Allium sativum (Garlic), Nardostachys jatamansi (musk root), Flacourtia catapracta (many spiked flacourtia), cardamom seeds (Elettaria cardamomum), Trigonella foenum-graecoum (Fenu greek), Dolichos biflorus (Horse-gram), Wrightia tinctoria (sweet Indrajao), sugar, Celastrus paniculatus (staff), Mesua ferrea (Cobra's saffron), Cinnamomum iners (leaves of Cassia cinnamon), turmeric, (Curcuma longa), burnt ash of peacock feather, Piper longum root (long pepper root), Terminalia bellerica (Belleric myrobalan), Terminalia chebula (chebulic myrobalan), dried fruits of Emblica officinalis (dried emblica fruit), Cassia fistula, lesser variety of galangal (Alpinia galanga), Aquilaria agallocha (Aloe-wood, Eagle wood), Saussurea lappaa (Costus root), the flour of malabar arrow-root (Curcuma angustifolia), cow's milk, inner bark of Cinnamomum cassia (chinese – cassia bark), dried ginger (Zingiber officinalis), pepper (Piper nigrum), honey, root of pepper plant, Indian liquorice (Glycyrrhiza glabra), salt obtained from bamboo stem and Piper longum (long pepper) are the drugs given for *Suvasa kasam* (Bronchial Asthma).

Leaves of Medicinal plants

Leaves of Erusangu (Azima tetracantha), Adathoda vasica, Vitex negundo (five leaved chaste tree), Eclipta alba, Gossypium indicum, Solanum trilobatum, Mimosa paniculata, Trianthema decandra, Feronia elephantum fruit (wood apple), Alternanthera sessilis, Erythrina indica, Heliotropium indicum leaves, Nymphae alba (white water lily), Pavonia zeylanica, Lawsonia inermis (Henna leaves), Zizyphus jujuba seeds (jujuba fruit), Lemon citron (citrus limonum), Leucas aspera, Phyllanthus niruri, Plumbago zeylanica (Ceylon common leadwort), Fumaria parviflora, Mukia scabrella, Sesbania aegyptiaca, Solanum xanthocarpum, Ocimum album, Acalypha indica (common acalypha), Premna integrifolia,

Ocimum sanctum and Cassia occidentalis are given for bronchial *asthma*.

(iii) Drugs for 'sura sathang kural kammal noi'

Cyperus rotundus (nut grass), root of long pepper (Piper longum), Murraya koenigi (curry leaves), Raphanus sativus (Indian radish), Eclipta alba, Celosia cristata, Acorus calamus leaves (country flag), Elaeocarpus tuberculatus, Clitoria ternatea (butterfly pea), Cuminum cyminum (cumin seeds), Cardamom seeds (Elettaria cardamomum), honey, root of piper nigrum, cashew nut (Anacardium occidentale), Plumbago zeylancia (common ceylon lead wort), Solanum nigrum, Adathoda vasica (malabar nut), pepper (Piper nigrum), long pepper (Piper longum), root of the lesser variety of Solanum melongena root (Egg plant root), Cinnamom cassia inner bark, cinnamomum iners, (Cassia cinnamon) leaves, dried ginger (Zingiber officinalis), galangal (Alpinia galanga), Aquilaria agallocha (Aloe-wood), (Eagle wood), Solanum xanthocarpum, Scindapsus officinalis, clove (Eugenia caryophyllata) and the drugs given for *Eraippu, Elaippu noi* are indicated for *sura sathangkural kammal.*

(iv) Drugs given for *paandu* (anaemia), *kamalai* (jaundice) and *sobai* (dropsy), (page-22 – *Vaidhya Sathagam*) Drugs for paandu (anaemia)

Thrikadugu (dried ginger, pepper and long pepper) buffalo's butter milk, goat's butter milk, *mandooram* (Ferric oxide), *ayam* (Ferrous Iron), Plumbago zeylanica (ceylon common wort), cow urine, Embelia ribes, Cyperus rotundus (nut grass), *Ponnimilai*, Curcuma longa, Curcuma aromatica (wild and common varieties of turmeric), gold, Terminalia chebula (chebulic myrobalan), Terminalia bellerica (Belleric myrobalan), and dried Emblica fruit (Emblica officinalis) are the drugs given for anaemia.

Drugs for *Kamaalai* (Jaundice)

Dried ginger, (Zingiber officinalis), Trichosanthes (Negro coffee), Gmelina asiatica, roots of the two varieties of Tribulus terrestris *(Iru Nerunjil)*, Daemia extensa, Bryonia callosa (small bitter watermelon), Solanum nigrum, greater variety of Sirissa tree (mimosa sirissa), Strychnos potatorum (cleaning nut tree), Raphanus sativus (Indian Radish), Clerodendron phlomoides, Hedyotis umbellata, greater variety of Jasminum sambac (Arabian jasmine), Lippia nodiflora, lesser variety of Jasminum sambac, Solanum melongena (lesser variety of egg plant), Stereospermum suavelolens (sans-patala) - root and long pepper plant stem (Piper longum stem) are the medicinal plants used for *suvasa kasam.*

Take one plant or more than one, and prepare *kudineer* (decoction), saru (juice), *surasam*, *chooranam* or *legiyam* — any one of these. It is given for *suvasa kasam, Eraippu, Erumal* and *Elaippu.*

(ii) Drugs given for *'Saya Rogam'*

(Page-7. Vaidhya sathagam)

Pepper seeds (Piper nigrum), Mimusops hexandra (Indian mimusops palai), goat's milk, Sida spinosa, Varanus spasmonitor flesh, Cucurbita maxima (pumpkin), Gmelina asiatica root, Coriandrum sativum (Coriander seeds), Phoenix dactylifera (Dates) fruit of Anacardium occidentale (cashewnut fruit), cow's milk, cow's butter, Asparagus racemosus, *Attavarkkam* Ptychotis ajowan (ajowan seeds), black cumin seeds (Nigella sativa), cumin seeds (Cuminum cyminum), dried ginger, long pepper, Ferula asafoetida, pepper (Piper nigrum), Withania somnifera (winter cherry), Tinospora cardifolia, Rhinacanthus communis root, Cyperus rotundus (nut grass), Nardostachys jatamansi (musk root), Bassia longifolia flower (Indian cotton tree flower), honey and the drugs given for erumal and *Eraippu noi* can be indicated for *saya rogam.*

Dried ginger (Zingiber officinalis), anguina (snake-gourd), Indian liquorice (Glycyrrhiza glabra), dried emblica fruits (Emblica officinalis), Amarantus gangeticus, Alternanthera sessilis, Cyperus rotundus (nut grass), sandal wood (Santalum album), Eclipta alba, Saussurea lappa (Costus root), Vitex altissima, buffalo's butter milk, goat's butter milk, Tinospora cordifolia, Phaseolus mungo, cow's milk, ghee, deer's horn, Phyllanthus niruri, Asparagus racemosus, Andropogan muricatus (Khus-Khus root), are the drugs given for *Kamalai* (Jaundice) and sacred thread *(Ratchai)* may be tied in the arm-wrist.

Roots of the Trianthema decandra root, Corton tiglium (purgative croton), Gallangal (Alpinia galanga), goat's urine, goat's dung, Gynandropsis pentaphylla (Caravalla seeds), Potassium carbonate impura (Evatcharam), cow's urine, Plumbago zeylancia (ceylon common wort), Enicostema littorale, Clitoria ternatea root, Croton tiglium, pancha kolam (Plumbago zeylanica, dried ginger, root of the pepper plant, long pepper, long pepper root, turmeric, (Curcuma longa), Pongamia glabra seeds (Indian beech), Thasa moolam, Solanum xanthocarpum, lesser variety of Jasminum sambac (Arabian jasmine), Solanum melongina (Egg-plant), Tribulus terrestris (small caltrops), Stereospermum suaveolens root, greater variety of Gmelina asiatica, greater variety of Jasminum sambac, Mimosa sirisa (Sirissa tree), Aegle marmelos (Bael tree), Baccopa monieri (Thyme-leaved gratiola), Ginger (Zingiber officinalis), Pavetta indica, *Kuzhambu more,* Hygrophila spinosa, Cedrus deodara (Pinus deodara), Crotalaria verrucosa, Allium sativum (garlic), Azima tetracantha, Ipomoea turpethum (turpeth root), Trichosanthes cucumerina, Terminalia chebula, (Chebulic myrobalan), Cadaba indica (Indian Cadaba) and Ferrous powder are the drugs indicated for *'Sobai'*.

(V) Drugs for *Adhisaram*, (diarrhoea), *Kirani* (Dysentry), and *Manthakkini* (the indigestion)

(i) Drugs for *Adhisaram* – (Diarrhoea)

Root of Sida acuta, seeds of Wrightia tinctoria, (sweet indrajao seeds), kernel of Mangifera indica (Mango tree kernel), Aristolochia bracteata (worm – killer), Tamarind seeds, root of Tamarindus indicus (Tamarind - root and seeds), cortex part of Tamarind tree, Curcuma zedoaria (The Round white Zedoary), Pomegranate (Punica granatum) Aegle marmelos (Bael-unripe fruit), Diospyros embryopteris (Indian persimon unripe fruits), Musa sapientum flower (plantain flower), Cocos nucifera flower (coconut tree flower), Ficus glomerata flower (country fig-tree-flower), clove (Eugenia caryophyllata). Cocculus villosus – seeds, Phyllanthus reticulatus, Hygrophilla spinosa seeds, Andropogan muricatus (khus-khus root), Mimusops hexandra-bark (Indian mimusops), Myristica officinalis (nut meg), Mimosa cinerea, Pterocarpus marsupium bark, puffed rice, Arjilar tender (Tender leaves of Vitex negundo - Five leaved chaste tree), seeds of Enicostema littorale, cumin seeds, Phoenix dactylifera (Edible date), Long pepper (Piper longum), Symplocos racemosa lodh tree (bark), Acacia catechu (Black catechu), bark of Eugenia jambalona tree, tender leaves of Eugenia jambolana, Terminalia chebula (chebulic myrobalan), lesser variety of camel's thorn (Hedysarum alhagi), Sterculia foetida (poon tree)-Bark, dried ginger (Zingiber officinalis), gum of Eriodendron anfractuosum (white silk cotton tree), milk, gingelly oil (Sesamum indicum), Hydnocarpus venenata-seeds, ajowan seeds (Ptychotis ajowan), bark of Anthocephalus cadamba (wild cinchona), Phyllanthus niruri, bark of Wrightia tinctoria, Shorea robusta (Resin of) Cannabis sativa (Indian hemp), bark of the Cassia auriculata (Tanner's cassia), ghee, honey, curd (cow's), Aconitum heterophyllum (Indian atees), Excoecaria agallocha, curd are the drugs given for '*Athisara*' *noi*.

Root of Saraca indica (Asoka tree), Pongamia glabra (Indian beech), seeds of Lippia nodiflora, Alangium lamarckii (Saga leaved alangium), *Kuzhambumore*, Acorus calamus (sweet flag), Ammonium chloride salt, Trianthema decandra, root bark of Plumbago zeylanica (common Ceylon leadwort), *Thirikadugu* (dried Zingiber officinalis, Piper longum, Piper nigrum) Mollugo cerviana, balck variety of margosa tree (Azadiracta indica), cumin seeds, Ferula asafoetida (Asafoetida), Boerhaavia diffusa (spreading hog weed), Tephrosia spinosa or Galanga spinosa (Andropogan nardus, (Rosagrass, citronella), Gynandropsis pentaphylla, Oxalis corniculata (Indian sorrel), Rock salt (sodium chloride impura), common salt, common salt obtained by boiling or by evaporation, *Karuttha uppu,* unpurified salt petra- (nitrate of potash), Trianthema decandra root, Cassia auriculata root, Borax (sodium biborate), Marsilea grandifolia and Cubeba officinalis (Tail pepper) are the drugs given for '*Kirani Noi*'.

(v) Alternative drugs

Gmelina asiatica, Cucurbita maxima (pumpkin), cow's ghee, curd, Withania somnifera (winter cherry), Asparagus racemosus (sathaveri), Indian mimusops (Mimusops hexandra), buffalo's curd, Aloe vera (Aloe), and water in which black gram has been soaked (phaseolus roxburghii) are given as alternative to alleviate the weakness of the body.

(vi) Drugs for '*Kandamalai*'

(Page-36 Vaidhya sathagam – Ref.)

Pearl, goat's milk, sheep's milk, Mollugo lotoides and leaves of the Cicer arietinum (Bengal gram) and the drugs given for dropsy are given for '*Kandamalai Noi*'. Surgical removal of *kandamalai kazhalai* by *satthirankatti* (Lymph adenitis – scrofloderma) is also advised.

Note

The raw drugs described above, are given in the form of *saru* (juice), *surasam, kudineer* (decoction), *chooranam*, *mathirai* (tablet) and *parpam* (Calyx preparation) for the appropriate accessory diseases (signs and symptoms) arisen.

III. Routine treatment of *Elaippu noi* (Tuberculosis)

1) In first stage

(i) *'Adai'* preparation of Mukia scabrella leaves.

(ii) *'Adai'* preparation of Erythrina indica leaves (Indian coral tree).

(iii) *'Adai'* preparation of Hedyotis umbellata leaves.

Any one of the above preparations can be given with honey in the morning, before food.

2. In second stage

(I) Vadagam,

- (i) *Talisathi vadagam.*
- (ii) *Impooral vadagam.*
- (iii) *Talisathi chooranam.*
- (iv) *Elaierumal chooranam.*
- (v) *Gowthamar chooranam.*

Any one of these can be given with the *parpam* or *chendooram* or *chunnam* preparations which reduce the *'Pitha kapha'*, in morning and evening in optimal doses.

Parpam and *chendooram* preparations of *pavalam* (coral), *muthu* (Pearl), *mankombu* (deer's horn), *muthuchippi* (shell of pearl), *palagarai* (conch shell), *silajit, manikkam* (ruby carbuncle), *thangam* (Gold) and *thambiram* (copper) will reduce the *'Pitha kapha'*.

(B) Ghee preparations are given in emaciated body conditions, and the cases with the symptoms of dryness, thirst, fever, cough and anaemia.

1. *Thoothuvalai Nei* (Vide page-50-Guna vagadam)

Take the fruit juice of Solanum trilobatum, cow's milk and ghee (of cow milk), each 1.3 litre, cumin seeds, black seeds (Nigella sativa) and *Thirikadugu* (dried ginger, pepper, long pepper) in the dose of each ½ *palam* (17.5 gm.). Grind them with milk and mix them well. Boil them until it loses the moisture and then filter and it is given in the dose of 1 teaspoonful in morning and evening for *erumal* (cough), difficulty in breathing and for *Elaippu noi*.

2. *Musumusukkai Nei.*
3. *Adathodai Nei.*
4. *Kandankathari Nei.*
5. *Karisalai Nei.*
6. *Neetru Poosani Nei.*
7. *Sathaveri Nei.*
8. *Nilapanaikilangu Nei.*
9. *Impooral Nei.*
10. *Kukilathi Nei.*
11. *Muyal Nei.*
12. *Pazhanthinni Vowval Nei* (fruit eating Bat Scotophilus coromandelianus)
13. *Kalaiman Nei.*

Take the flesh of *Kalaimaan* (male deer) and prepare decoction. Add required amount of ghee and boil until it loses the moisture, and then filter. It is given in the dose of 1 teaspoonful in morning and evening times.

14. Codliver oil
15. *Mulleli Nei*

According to Siddha texts, dried and salted flesh of deer, Black langur, Varanus monitor, rabbit, wild rat and *mulleli* (a type of rat bristle rat-Erinaceus micropus) are very much useful in '*Elaippu noi*'.

16. The *Rasayanam* or the *legiyam* preparation of black langur *(Karunkurangu)* is specially given for '*Elaippu noi*' (Tuberculosis).

C. *Legiyam* preparations for '*Elaippu noi*' (Tuberculosis)

1. *Impooral legiyam.*
2. *Neerpoosanai legiyam.*
3. *Adathoda legiyam.*
4. *Karisalai legiyam.*
5. *Kandankathari legiyam* or *rasayanam.*
6. *Vilvathi legiyam.*
7. *Talisathi legiyam.*
8. *Amukkurathi legiyam.*
9. *Nellikkai legiyam.*
10. *Vasambu legiyam, Vasambu thailam* useful in glandular affections (oil for internal and external use).

1. *Mathirai* given in *Elaippu noi*

1. *Pavala parpathi mathirai*
2. *Thalaga mathirai*
3. *Vasantha kusumakaram.*
4. *Maha vasantha kusumakaram.*
5. *Raja Mirugangam.*
6. *Maha raja mirugangam.*
7. *Maha elathi kuligai.*

8. *Saya kulanthaga mathirai.*
9. *Poorna santhirothaya mathirai.*
10. *Sarabarasakuligai.*

E. Parpa *Chendooram* Preparations

1. *Pavala parpam*, 2. *Muthu parpam*, 3. *Muthuchippi parpam*, 4. *Manosilai parpam*, 5. *Sangu parpam*, 6. *Sirungi parpam*, 7. *Thanga parpam*, 8. *parpam* preparation in which the ingredients of *Thangam* (Gold), *muthu* (Pearl), *silajit, sirungi* (deer's horn), *pavalam* (Coral), 9. *Rasa parpam*, 10. *Sornavalai Rasa Chendooram*, 11. *Kalamega narayana chendooram*, 12. *Thalaga parpam*, *chendooram*, *Thalaga Karuppu*, 13. *Kasthoori chendooram*, *Kasthoori karuppu*, 14. *Aya parpam*, Aya *chendooram*, 15. *Gantha Chendooram*, 16. *Annabedhi chendooram*, 17. *Annapavala chendooram*, 18. *Ponnimilai chendooram*, 19. *Thanga chendooram*, 20. *Aya Thanga chendooram*, 21. *Aya Gantham chendooram*, 22. *Suyamakkini chendooram*, 23. *Arumuga chendooram*, 24. *Ayaveera chendooram*, 25. *Sayakulanthaga chendooram*, 26. *Poorna-chanthirodhayam*, 27. *Velli parpam*, 28. *Thambira parpam* and *chendooram*, 29. *Ganthaga chendooram*, 30. *Kariya chendooram*, 31. *Thalaga kattu*, 32. *Poora thalaga parpam* are indicated in tuberculosis.

Note

According to our ancient Siddhar's view of treatment *poornachanthirodhayam* is given for nervous weakness, *velli chendooram* and Velli *parpam* are given for fever cases, muthu *parpam* and *chendooram* are given for *anaemia* with phlegmatic congestion, *sornavalai* rasa*chendooram*, *thalaga chendooram*, *parpam*, *thalaga karuppu* and *kariya chendooram* are given in highly deteriorated (human) tuberculosis condition, *thambira chendooram* and *parpam* are

given in highly exceeded *kapha* state, *ganthaga chendooram* is given in highly deteriorated *('Rasa thathu')* conditions.

'Thalaga Kattu' is given in the 'Omnious' '*Elaippu noi*'.

F. Some oil Preparations for 'head bath'

The oil applications of gingelly oil and coconut oil are not advisable in the *Elaippu* cases. The following oils are useful for the oil applications in *Elaippu* case.

(i) *Kumari thailam* (during convalescence).

(ii) *Nirgundi thailam* (For internal use, external application and for bath).

(iii) *Arakku santhanathi thailam* or *Arakku thailam*.

(iv) *Elagu santhanathi thailam.*

(v) *Maha santhanathi thailam.*

(vi) *Karisalai thailam* (For internal use and bath).

(vii) *Sukku thailam.*

(viii) *Mezhugu thailam* (For internal, external use).

(ix) *Vilvathi thailam.*

a) Some other preparations collected from literatures and manuscripts.

1. *Ponnavarai Kudineer* for *sayam*

Take powdered Cassia auriculata root bark and can be given in the dose of one to two pinch with hot water in morning time only for three days. It causes vomiting first, and relieves the *'Pitha'*. Then it will cure *Kshayam* and erumal.

2. To induce vomiting in '*Saya Noi*'

Take the milky juice of Calotropis gigantea (Gigantic swallow wort) and allow it to dry under the sunlight. Collect the dried juice. Take the dried juice in the dose of 1 *panavedai*

(488 mg.) and mix it in 1.3 litre of water 650ml of the solution (dried juice mixed with water) is given to induce the vomiting. (Dosage may be reduced according to the patient's condition and the severity of the diseases). To stop vomiting the pepper decoction (Piper nigrum) is given.

3. *Parpam* for *sayam*

Take equal amount of purified *Rasa Karpooram* (Hydrargyrum subchloride-calomel), and *Thalagam* (Yellow arsenic Trisulphide). Girnd them with wild Calotropis gigantea juice (Gigantic swallow wort) and roll the ground matter into spherical shape. Then allow it to dry. Shield the dried ground matter with 'Valaiyaluppu' (a salt used in the manufacture of bangles, a kind of salt extracted from fuller's earth). And allow it to dry again. Conceal the dried matter within the lime stones and keep them in '*Valuga* apparatus'. Calcine them as per procedure by burning with three stages of fire (low, medium and high fire) for 6 hours.

The calcined *parpam* is given in the dose of 1 or 2 grain with optimal adjuvants in morning and evening for *Elaippu Erumal* and *Elai.*

It also cures all the 96 types of *Kapha* diseases.

Dietary restriction: Avoid sour tasted foods and add milk substances and sweet.

4. Preparation of *Sayakulanthaga chendooram*

Take the yellow arsenic trisulphide *(Thalagam)* and purify the '*Thalagam*' using *Thulaeyanthiram* in which it is hanged and boiled in Cucurbita maxima unripe fruit juice and a kind of jujube plant juice.

Collect the purified *Thalagam,* and take it in the dose of 1 *palam* (35gm.), and also take purified *Rasa karpooram* (Hydrargyrum subchloride-calomel), purified *manosilai*

(Red orpiment), and purified *lingam* (Red sulphide of mercury) and purified *ganthagam* (sulphur) each 1 *palam* (35 gm.). Powder these substances and grind them with Calotropis procera milky juice for 6 hours and make them into pills and allow it to dry then powder them. Keep the powder in amber coloured N.M. Bottle and cover the bottle mouth by 7 soiled clothes and allow it to dry. Calcine them in 'Valuga' apparatus by burning with three stages of fire (low, moderate, high) for 3 days in between 8 a.m. to 8 p.m. First day the fire should be mild, second day the fire should be moderate which is followed by the high fire on third day.

(The burning should be stopped in night but keep the coals alive). The amber coloured N.B. bottle accommodate the ingredients to below its half size. The mouth of the bottle should be closed by a slate stone or by an earthen plate which is followed by the coverings of soiled cloth. For the *'Valuga'* apparatus a suitable earthern vessel is used to close and the soiled clothes are used for the closure of narrow gaps. These are important things to be minded. If not, it is followed as such, the *chendooram* will be wasted very much. If we follow the correct procedure as said above the *chendooram* comes in good colour and soft to touch. The *chendooram* can be collected after three days of burning.

(i) Take *pavala parpam* 1/5 of part of the above *chendooram* (*pavala parpam* should be prepared in the process of calcining the ground matter of *pavalam* (coral) with Calotropis procera milky juice (swallow wort).

(ii) Take *kalnar* (Asbestos) *parpam* in equal amount of *pavala parpam.*

Process – take kalnar and soak it in tender coconut water for a day. Then cover *kalnar* (Asbestos) with ground matter of Aristolochia bracteata (worm killer) and allow

it to dry. Calcine it, by using 100 cow dung cakes as fuel. Then collect the burnt matter and grind them with Calotropis procera (Gigantic swallow wort) milky juice. Make the ground matter into pills and calcine them as above (using 100 cow dung cakes). The end product is *kalnar parpam*.

(iii) Take *Gantha parpam* (prepared by higher process) in equal amount of *pavala parpam*.

(iv) Take *Thanga parpam* or *chendooram* prepared by higher process in equal amount of *pavala parpam*.

Mix the above two *parpams* and grind them with Aloe vera juice (Aloe) for 3 hours. Then make the ground matter into pills and allow *parpam* and the burnt ash of Terminalia arjuna (Arjuna myrobalan) upto half amount of earthern vessel. Then keep the dried pills prepared above, in the middle and cover the pills by the calcium carbonate stone powder, *Sangu parpam* and the burnt ash of Terminalia arjuna (Arjuna myrobalan) in above. Close the mouth and cover the earthern vessel (crucible) by soiled clothes. Allow it to dry. Calcine them by doing *'Elagu pudam'* in vaccum place. Then collect the *chendooram* and weigh it. If it does not seem to be lost, powder it and keep it in an air tight container. (from its actual weight). The *chendooram* should be in reddish yellow colour.

In case if it lose its actual weight (i.e. the total weight of *chendooram*, *pavala parpam*, kalnar *parpam*, *gantha chendooram*, *thanga chendooram*) and the No.1 burnt *chendooram* will be added in equivalent to the lost weight. Then it will be ground with Aloe vera juice or Moringa oleifera flower's juice and made into pills and calcined as per procedure (as we done before).

Once again, if the *chendooram*'s total weight seems to be decreased, the decreased amount will be countered by

the No.1 burnt *chendooram*, and the above process should be continued. In every time of calcination, the pills should be concealed by the calcium carbonate powder, *sangu parpam* and by the burnt ash of Terminalia arjuna (arjuna myrobalan).

Note 1 :

It is good if the *chendooram* is prepared by the above process. But it is best if the *chendooram* is calcined by the *"manal maraivu pudam"* (to keep the bottle containing medicine to be calcined in slow; cow dung fire concealed in sand upto the neck). The method of its preparation follows:

Take the No-1 burnt *chendooram, pavala parpam, kalnar parpam, gantha chendooram*, and *thanga chendooram* in equal amount. Grind them with Aloe vera juice for 3 hours and make the ground matter into pills and, then allow them to dry. Keep the pills in a crucible, and conceal it with calcium carbonate powder (kar *chunnam*) or *Sangu Parpam* or by the burnt ash of Terminalia arjuna (Arjuna myrobalan). Close the crucible and cover the crucible by soiled clothes and then allow it to dry. Take an earthern vessel with the sand upto 2 inch of its depth. Place the crucible on sand and conceal it by adding sand. Burn the earthern vessel by mild and moderate fire in each of 6 hours. Then allow the crucible to cool and collect the burnt matter. Weigh them. It will not decrease in weight. If not, the number 1 burnt *chendooram* will be added in equal weight of decreased *chendooram* and ground with Moringa oleifera flower juice. Then the ground matter will be made into pills and calcined as per procedure of *'Manal marrivu pudam'*. (If the calcined *chendooram* once seems to get decrease in weight, the above process will be continued until the *chendooram* retains its actual weight). *'Manal marrivu pudam'* is considered as somewhat superior since

the burnt *chendooram* loses no weight. This *chendooram* cures not only the *'Sayarogam'* but also cures some higher, dangerous diseases.

Note 2 :

In the above preparation, the *muthu parpam* or *muthu chippi parpam* is added in the place of *kalna*r *parpam* to yield better results. Besides this, the *muthu parpam*, *manikka parpam*, *aya chendooram* and *sirungi parpam* may be prepared by higher process. And it will be used, and mixed with prepared *sayakulanthaga chendooram* for '*Kapha Noi*'.

Dose

½ grain to 1 grain is given twice a day with suitable adjuvants according to the patient's condition and the severity of the disease.

This medicine is given for 3,5,7,10 days with the cessation of same days medicine given. It may be continued according to the necessity and the prognosis of the disease. Generally, the mixture of Trikadugu powder (dried ginger, Piper longum and Piper nigrum) and honey is given with the *chendooram* for good results.

The medicine is considered as direct medicine for *sayarogam* (Tuberculosis) as first drug of choice. It is also given for *kasam* (cough), *eelai, kapha rogam*, and for general debility.

Note:

In complicated tuberculosis, the complication should be treated first by appropriate drugs, which may be followed by minimal but prolonging doses of *sayakulanthaga chendooram*. It is given for ¼, ½ , ¾, 1 *mandalam* or 40 to 45 days intermittently or with cessation.

Diet restriction :

Good nourishing and easily digestible foods should be given. Specially, goat's milk is very good.

5. *Kudineer* for *Erumal, Suram* and *Sayam*

Take cow's milk and lesser variety of Hedysarum alhagi root (camel's thorn root) in required quantity, and boil them. It is given at bed time for 3 days. It is indicated for *erumal* (cough), *suram* (fever) and *sayam* (T.B.). In diet restrictions, buttermilk and fish should be avoided. The other diet restrictions may be followed according to the condition of the body and digestibility. Besides these, the powdered Nelumbium speciosum seeds (Egyptian lotus-seeds) can be given with warm water for hiccup.

6. Some mixture preparation given in our Siddha Research Centre

(i) Dr. M.S.Velu's Erumal Nivarani or Bronchitis remedy :

Take

Kasthoori chendooram	- 2 grains
P.S.S. *Parpam*	- 4 grains.
Talisathi chooranam	- 10 grains.

mix them well and given as single dose in adults with honey or ghee two or three times a day.

(ii) Dr.M.S.Velu's *kaya noi* nivarani or T.B. lungs remedy Take

1. *Kshaya kulanthaga chendooram*	- 1 grain.
2. P.S.S.*Parpam*	- 4 grains.
3. *Muthu Parpam*	- 2 grains.
4. *Kasthoori chendooram*	- 2 grains.
5. *Talisathi Chooranam*	- 10 grains or
Thirikadugu Chooranam	- 5 grains.

Mix them well for a single dose in adults and it is given with honey or ghee twice a day.

(iii) Aurocalcium or *Swarna-pavala-muthu chooranam* (special). Take

1. *Swarnam* leaves (Gold Rekku) - one *tola.*
2. *Karpoora silajit* (raw) - one *tola.*
3. *Narpavalam* (1 gm.) purified - one *tola.*
4. *Kalnar* (raw) purified - one *tola.*
5. Pearls *(muthu)* - one *tola.*

powder and mix them well as per the procedure, then rub them together with capsicum leaves juice until gold leaves are nicely dissolved. Now pills are made, enclosed in a pair of crucibles and subjected to *pudam* with 50 cow dung cakes as fuel. Very fine *chooranam* is obtained.

Dose

½ to one grain with suitable adjuvants twice a day.

Uses

All the lung diseases including T.B. lungs, diabetes mellitus and impotence are cured.

10. ULAI MAANDHAI (INTENSTINAL TUBERCULOSIS)

The signs and symptoms *Ulaimandhai* and the derangement of three humours are resembling the features of *Elaippu* (tuberculosis) *Noi*. So it is considered as intestinal tuberculosis. The medicines given in pulmonary tuberculosis are also indicated for Intestinal tuberculosis. The *'Ulaimandhai'* is termed as intestinal tuberculosis or tubercular enteritis. The treatment also be given according to the signs and symptoms of the disease.

N.B.

All medicines mentioned under pulmonary tuberculosis (*Elaippu noi, kasa Noi)* may be used in *ulaimandhai, kasam* (cough), *eraippu* (dyspnoea) and *edu marunthu* (more or less symptomatic), also.

11. THAMARAGA NOI
(HEART DISEASE)

In *Thamaraga Noi*, drugs that normalise the defected *kapha* and *vayu (Uthanan, Samanan)*, and the functions of stagnated *pitha* and *pirahna vayu* should be given. Purgatives may be given if the patient is constipative.

For purgation any of the *sanjeevi* tablet, *vacchirakandi* tablet (nightpills), *sugaviresana kuligai* (healthy laxative pills), *lavangathi, meganatha kuligai, seevarathina kuligai, attabairava kuligai* be given in the dose of 2 tablets in single dose. *Agathiyar kuzhambu* is also given in the dose of one or two Abrus precatorius seeds size inserted in the palm jaggery, as a single dose. *Agathiyar kuzahmbu* is also given, inserted in the dried ginger, ground matter, as a single dose. It causes purgation expeling the abdominal gas and relieves flatus and epi-gastric pain.

1. Drugs useful in '*Marbu Noi*' (chest disease)

Dasamoolam (10 kinds of medicinal plant root), roots of Solanum xanthocarpum, lesser variety of Jasminum sambal, Solanum melongena (Egg plant), Clerodendron phlomoides, Tribulus terrestris (small calotrops), Indian mimusops (Mimusops hexandra), Gmelina asiatica, greater variety of Jasminum samba. Mimosa sirissa (Sirissa tree), Aegle marmelos (Bael fruit tree), Boerhaavia diffusa (spreading hog-weed), Sesamum oil (gingelly Oil, Sesamum indicum), Trianthema decandra, Cedrus deodara, Coscinium fenestratum (Tree-turmeric), Curcuma angustifolia (Malabar-arrow root), Pancha lavanum (five kinds of salts), ghee, dried ginger, Alpinia galanga (galangal), Pavonia zeylanica, Ferula asafoetida, Carteria lacca or Coccus lacca are useful in chest disease.

Kudineer, *chooranam*, tablet, and *legiyam* prepared from these drugs are given for '*Thamaraga Noi*'.

2. *Kasthoori* tablet, *korosanai* tablet, *korosanai kasthoori* tablet, *vasantha kusumagaram, maharaja mirugangam, maha vasantha kusumagaram, poorna chandrodhaya kuligai, sarpparasa kuligai, maha elathi kuligai, vishnu chakkaram.* These tablets are given in optimal diseases with the adjuvants of ginger juice, and honey in morning and evening which corrects the deranged *vayu* and *kapha,* and relieves chest pain.

3. *Mankombu parpam, kandamiruga kombu parpam, pavala parpam, muthu parpam, parpa, chenthoora* preparations of *muthuchippi, palagarai, thangam* and *thambiram,* aya*chendooram, arumuga chendooram, suyamakkini chendooram, uloga* mandoora *chendooram, kasthoori karuppu, kasthoori chendooram. thalaga karuppu, poorna chandhirothayam, kalamega narayana chendooram, saya kulanthagam, sandamarutham parpa chendooram* - preparations of these are given in optimal doses with suitable adjuvants according to the disease condition in morning and evening for *Thamaraga Noi* and its complications.

4. **Special preparations of *mankombu parpam* (deer horn's parpam) prescribed for *Thamaraga noi.***

Take the purified deer's horn and shield the horn with the ground matter of cardamom seeds. Calcine the shielded horns with 100 dung cakes (with water) as fuel, make the ground matter into pills form and keep them in a crucible. Cover the closed crucible with soiled clothes and do calcine again. It is given in the dose of 5 to 10 grains in morning and evening with *Elathi chooranam* or *multivitamin* legiyam *(seevia viruthini legiyam)* for Thamaraga noi.

5. *Mankombu Parpam* (another method)

Take one purified deer's horn and shield it with Acalypha indica leaves ground matter. Then allow it to dry. Calcine the dried

horn, with 100 dung cakes (as fuel). Collect the burnt matter and grind them with cow's milk. Make the ground matter into pills and keep them in a crucible. Cover the closed crucible with soiled clothes *(seelaiman)* and do calcinations with 100 dung cakes. The end product is the *'Mankombu parpam'*. It is given as prescribed above, for *Marbu Noi*, *kalaippu* (exhaustion), *Ayasam* (fatigue), *vanthi* (vomiting), and *mayakkam* (fainting).

The *parpam* which has been calcined twice is more suitable for *'Thamaraga Noi'*.

6. For *'Thamaraga Noi'*. *'Seerakathi chooranam'* is currently given in Siddha Research Centre. It is the medicine for *Tamaraga noi* and so called B.P. stabilizer. It is also given for hypertension.

Preparation of B.P. Stabilizer

Take

(i) Fried and powdered cumin seeds – 20 *thola* (240 gm.)

(ii) Fried and powdered cardamom seeds – 10 *thola* (120 gm.)

(iii) Borneo camphor – 60 gm.

(iv) Dried ginger *chooranam* – 35 gm. *(Chukku)*

(v) Fried and powdered pepper – 35 gm.

(vi) Fried and powdered long pepper – 35 gm.

(vii) Fried and powdered coriander – 60 gm.

(viii) Purified Withania somnifera seeds – 120 gm. *(Amukkara)*

(ix) Sugar - 57 ½ *thola.* (1 *thola* – 12 gm.)

Mix them well and give them in the dose of 10-15 grains in morning and evening with honey for *marbu noi, pittha adhikkam, udambu ulaicchal, thega kaduppu, mayakkam* (fainting), hypertension and *kiru kiruppu*.

For *rattha kodhipu* (hypertension) it is given with the mixture of lemon juice (1 lemon), 2 teaspoonful of honey, little bit of sugarcandy and 2 ounces of water twice a day in morning and evening.

7. Someother *chooranam* preparations (vide – S.V.T.)

Seeraga chooranam, *Amukkura chooranam*, *Injee* (ginger) *Rasayanam*, *Injee chooranam* (ginger), *Elathi chooranam*, *Panjadhee-pakkini chooranam*, *Astadeepakkini chooranam* (*ashtavarkka chooranam*-cumin seeds, black cumin seeds, dried ginger, pepper, long pepper, rock salt (sodium chloride impura), asafoetida and ajowan seeds. *Thiratsathi chooranam*, *Talisathi chooranam* any one of these is given lonely or with the *parpam* or *chendooram* in optimal doses with suitable adjuvants in morning and evening. It corrects the *vayu* and *kapha* humours and cures '*Marbu Noi*'.

8. In *legiyam* varieties, *pancha* (five) *dheepakkini legiyam*, *Naratthai legiyam*, *Injee* (ginger) *legiyam*, *kesari legiyam*, *Paranki Rasayanam*, *Pitta vayu legiyam*, *multi vit-legiyam (seeriya virutthini legiyam)*, *mahavilvathi legiyam*, *Aswakanthi legiyam* are useful in for this disease. **Preparation of *Pitha vayu legiyam* and *seeriya viruthini legiyam* are described below.**

9. *Pithavayu legiyam* (Siddha Research Pharmacopecia)

Take the *chooranam* preparations of dried ginger *(chukku)*, pepper, *thippili*, cumin seeds, cardamom seeds, and coriander seeds each 5 ounce.

Take, China sugarcandy 1½ kilo, the juice of 30 lemon fruits. Two tender coconut (water), cow's ghee ½ litre and good quality of honey ½ litre.

First mix the honey ½ and then add the powdered sugarcandy. Heat them with little flames, until it loses the moisture (until it attains the stage of pagu). Then add *chooranam* preparation and ghee.

Mix them well. Get down the mixture from the oven and allow it to cool. Then add the honey and mix them well. Keep the *legiyam* in an air-tight container.

It is given in the dose of 3.5gm. in morning and evening for *pitha vayu, vayittru vali* (stomach pain), chest pain, anorexia, dyspepsia and for digestion.

It is also given for vertigo due to biliousness (*Pitta-kirukiruppu*), fainting and hypertension. It is very experienced medicine, currently used.

10. *Seeria viritthini legiyam* (multi-vit *legiyam*)
(Siddha research pharmacopeia)

Take the powdered salep orchid (Orchis mascula) - 12 ounces, Moringa oleifera gum (Horse – radish gum), Indian arabic gum (Acacia wild gum) powder. Feronia elephantum – gum (wood-apple tree-gum). Eriodendron anfractuosum-gum (Indian cotton tree-gum) each of 6 ounces, rose 'gulganthu-3 pound (lb) (1 pound-373.242 gram) *injee marpa*- 1 ½ lb, dates (Phoenix dactylifera)- seeds removed – 3 lb, *Trikadugu chooranam*-2 ounces, cardamom seeds powder – 2 ounces, cumin seeds powder-2 ounces, clove powder-2 ounces, angoor grapes-3 pounds, *thadhu pusti chooranam* – 8 ounces, dextrose or glucose – D – 2 pounds, Cinnamon cassia bark – powder- 2 ounces, almond-1 kilo (Prunus amyglalus), lemon juice (extracted from 40 lemon fruits), china sugarcandy – 3 kilo, tender coconut – 8, good quality of cow's ghee-1 litre, good quality of honey- ½ litre. Mix the raw drugs powder, gum powder and dextrose or glucose-D. Pound the *Injee murabha* (ginger murabha preparation), dates, angoor-grapes, and rose *gulganthu* individually. Then mix together.

Soak the almond in warm water for 1 hour and remove the outer skin and grind it nicely in a mortar.

First, mix the lemon juice, tender coconut water and powder candy. Heat them well, until it loses the moisture or until it attains the *'pagu'* state. Then add, the pounded *Injee murabha* mixture and mix them well. Put the powder mixture and the ground almond with the preparation, followed by the addition of ghee.

Get down the preparation from the oven. Keep the preparation in an air tight container.

Indications and Doses

It is given in 6 gm. to 12 gm. dose, only or together with other *parpam*, *chendooram* preparations in morning and evening for general weakness, chest pain, constipation, indigestion, *pitha vayu,* anorexia, loss of taste perception, flatulence, lazziness and for *anaemia.* It gives briskness and nervous strength.

It is very experienced medicine in palatable taste. (very popular *legiyam*).

11. *Injee Leghiym* (Special Siddha Research Lab)

1. Take Ginger (Zingiber Officinale) 1½ kg. (outer skin removed) add 6 *padi* water. The ginger is triturated after boiling.
2. Take seedless dates (Phoenix dactilifera) 3 kg. fried with ghee.
3. White sugar - 3 kg.
4. Cow's ghee - ½ lit.
5. Cardamom (Elettaria cardamomum) 2 *thola*
6. Honey - 1½ lit.

Mix the ginger, dates and white sugar and then mix with cardamom, cow's ghee and finally honey. Keep this medicine in a jar.

Dose and indication

½ to 1 thola given, two times a day with other *Parpam* and *Chendooram*. This traditional process in indicated for abdominal colic, dysentery, chest pain, anorexia nervosa, bitter taste of tongue,

tastelessness, constipation, flatulence, vomiting, increased *pitham*, peptic ulcer, and sialorrhoea.

12. Treatment for chest disease

Take Stag's horn *parpam*, coral *parpam*, conch shell *parpam* mixed, borneo camphor (or) *Kasthuri Chendooram* (Moschus moschiferus) each 2 - *kundri* (Abrus precatorius), *Elathi chooranam* any one of the above *chooranam* 5 *kundri* weight morning and evening with honey. after this medicine good quality of brandy 1 to 2 teaspoonful with 1 ounce of water or *Dasamularishtam* ½ to 1 ounce may be given. This is very effective for serious condition of chest diseases. (Siddha Research Lab, Process).

13. Another method

Heart and Respiratory Dyspnoea Cure

1. *Kalamega narayana Chendooram* - 1 *kundri* (130 mg)
2. *Kasthuri Chendooram* - 2 *kundri* (260 mg)
3. Copper *Parpam* or *Chendooram* - ½ *kundri* (65 mg)
4. Gold *Parpam* or *Chendooram* - ½ *kundri* (65 mg)
5. PSS *Parpam* - 2 *kundri* (260 mg)
6. Coral *Parpam* - 1 *kundri* (130 mg)

Mix well, with any one of the *Chooranam, Elathi Chooranam, Ceeragathi Chooranam* and *Pancha Deepakni Chooranam* 4 *kundri* weight. Prescribe twice a day for three days with honey for heart and respiratory dyspnoea. (In every servere and serious case Copper and Gold *parpam* or *chendooram* - every one of us must bear this point in mind.)

14. Chest pain cure No.2 (Siddha Research Lab process another method)

Take each 1 *kundri* of (130 mg)

Kasthuri Chendooram

Deer horn *Parpam*

Coral

Karpoora Silasathu Parpam No. 1

Suyamakini Chendooram (Our own process)

4 *kundri weight of Ceeakathi Chooranam* (520 mg)

Mix and well, two times a day morning and evening with honey for chest disease, cough, dyspnoea, anorexia, giddiness, vertigo and hypertension.

15. External use for Chest pain

Stag's horn *parpam*, logwood tree - Caesalpinia sappan, (or) red Sandal (Santalam album), dried ginger (Zingiber officinale), dhall-Cajanus cajan, root of Withania somnifera and Dolichos lablab, mix with hot water, milk or brandy, and apply over the chest for chest pain. (apply over the cardiac region)

Deworming is given for chest disease due to worm infestation after that medicines will be given for chest diseases.

Medicines for deworming

1. Decoction of Rose - Rosa centifolia will be given to kill the worms. Next day purgative medicines should be given to expell the worms.

2. Decoction for heart *(Thamaraga Kudineer)* mentioned in *Siddha Vaidhya Thirattu* is given daily for palpitation, weakness of heart and dyspnoea. This acts as nutrition as well as medicine in heart diseases.

3. *Kudar kirumi nasini Chooranam*

(Intestinal worms remedy - Siddha Research Lab Process)

i. Purified seeds of bastard teak (Butea monosprema) - 2 parts

ii. Asafoetida (Ferula asofotida) *Chooranam* - 1 part

iii. Fried Bishops weed (Carum copticum) *Chooranam* - 1 part

iv. Fried Embelia (Embelia ribes) *Chooranam* - ½ part

v. White sugar - 4 parts

Mix them well 10-20 grain 1 or 2 days twice a day with honey. Next day any purgation tablets should be given. *Sanjeevi* tablet for children. Vachirakandi tablet, *Seeva Rathina Kuligai, Suga Viresana Kuligai, Agasthiyar Kuzhambu* and *Siddhathi ennai* for adults. Buttermilk rice is beneficial to stop diarrhoea. This is not only for deworming and also for stomach ache and flatulence.

4. *Naakkupoochi Kudineer*
(Siddha Vaidhya Thirattu Page - 293)

The decoction is administered one or two days, twice a day ¼ to ½ *azhakku.* Very next day one time a day purgative is to be administered. The roundworm, pin worm, hook worm and other types of worms tobe expelled.

5. *Kudar Kiruminasini Legiyam*
(Siddha Research Lab : Process)

Take purified and powdered seeds of Butea monosperma 30 *thola*, shadow dried and powdered leaves of Acalypha indica 30 *thola,* Embelia ribes 5 *thola*, fried and powdered Carum copticum (Bishop's weed) 15 *thola*, white sugar 2 pound, fried and powdered Ferula asafoetida, 5 *thola,* cow's ghee ½ lit. and honey ¼ lit.

Take 4 tender coconut in a vessel add white sugar and boil upto *"Pagu"* state then pour the above powders and cow's ghee. After completely reducing the heat add honey.

¼ to ½ *thola* dose twice a day, 2 or 3 days for purgation and deworming.

6. Coconut *Legium* (or) *Thattai Puzhu Nasini Legium*
(Siddha Research Lab - Process)

This *legium* is given morning time only for 3 days. Solanum torvum size dose is taken and covered with white sugar with water, which expels the tape worm and other types of worms also. Need not give tablet or oil for purgation. To stop the purgation give rice with buttermilk.

Preparation

(a) 1. *Poora parpam* - Calomel - Hydrargyrum Subchloride.
(or)
Poora Kattu Parpam
(or)
Purified *Rasa Karpooram*

2. *Rasa Parpam*
(or)
Rasa Pathangam

3. *Linga Kattu Chendooram*
(or)
Purified *Jathilingam*

4. *Gandhaga Parpam*
(or)
Purified *Gandhagam* each 2 *varagan*

(b) Purified Croton tiglium 10 *varagan*

(c) Ginger - Zingiber Officinale, Pepper - Piper nigrum, Long Pepper, root of Long Pepper, root bark of lead wort - Plumbago indica, white dead nettle - leucas aspera, china root - Smilax china, Turpeth root - Operculina turpethum, Ferula asafoetida - each 2 *varagan.*

(d) Milk of Sarcostemma brevistigma - 4 ounce

(e) Palm jaggery - 60 *thola.*

(f) Big size coconut - Cocus nucifera - 1 No.

Preparation

Mix the powders of (a), (b) and (c). Take the coconut and remove the water from the coconut through an opening, the above mixture is filled in to the coconut through the hole and add the milk of Sarcostemma brevistigma. The opening is closed with stick. This coconut is covered with cow dung cakes of 1 inch thickness and dried. Make *pudam* with 50 *varatties*. After completion of puda proces collect the medicine with coconut and add equal quantity of palm jaggery and pound them well is semifolid state and keep in a jar.

Dose

Depending upon the patient's condition Indian jujube - Ziziphus mauritiania, clearing nut - Strychnos potatorum, unarmed night shade - Solanum torvum size is given once a day for 1 to 3 days in morning with sugar or mountain plantain - Musa paradisiaca. It is indicated for tapeworm. Give rice with buttermilk to stop purgation. Sweet flag. Acorus calamus burnt ash with honey is given to stop purgation. This is also useful in *magotharam* (Ascites), enlargement of liver and spleen, *sobai* (Dropsy), jaundice, anaemia and peptic ulcer.

7. *Kirumi Noi Haram* (Drugs used for worm infestation)

Seeds of Butea monosperma, Ferula asafoetida, sweet flag - Acorus calamus, garlic - Allium sativum, greens - Ipomoea reniformis, leadwort - Plumbago indica, neem seed - Azadirachta indica, emlelia - Embelia ribes, Terminalia chebula, coconut flower - Cocus nucifera, indigo plant - Indigofera tinctoria, prostrate shurb - Mollugo lotoides, Cissus quadrangularis, neem leaves, long pepper - Piper longum, Semicarpus anacardium, hogweed - Boerhaavia diffusa, Santalum album, ivy gourd - Coccinia grandis, tuber of nut grass - Cyperus rotundus, bonduc nut - Caesalpinia bonduc, Seeds of foetid cassia - Cassia tora, milk of madar - Calotropis gigantea, bamboo - Bambusa arundinacea, Potassium carbonate, five leaved chastetree - Vitex negundo, bed straw plant - Mollugo oppositifolia are used in worm infestation.

8. Another preparation

Tender leaves of neem are ground well and covered with bran or white sugar 5 - 10 gm twice a day for 3 days for worm infestation, abdominal pain and jaundice.

***Kasthuri Mezhugu* for chest diseases**

65 mg with honey thrice a day for delirium, phlegm, pyrexia, *Kapha* diseases, abdominal distension, flatulence, hiccup, Facial palsy, *Soothaga Sanni*, cough, heart attack and *Nadukku Vatham*.

Decoction for Heart diseases (SVT - Page - 293)

Decoction prepared as per SVT is given once a day for palpitation, weakness and wheezing. It will improve blood and body strength.

Note

To expel the worms, the preparation's mentioned in Chapter - 23. *Veluppu* (Anaemia) are very useful. (Anaemia due to worm infestation).

The following items are our own Research Preparations:

1. Intestinal Worms Cure Powder No. 1 or *Kirimi Nivarana Chooranam* No. 1(S.R. Pharma)

1.	Purified *Palasu vithu Paruppu chooranam*	2 parts of 8 ozs
2.	*Perunkayam*, fried *chooranam*	1 part or 4 ozs
3.	*Omam* fried *chooranam*	1 part or 4 ozs
4.	White sugar	4 parts or Ib - 1

Mixed together and bottled up.

Dose : 10 to 15 grains may be given twice a day for one or two days with *Annakati - jalam*, or cow's buttermilk and on the third day a mild purgative-may be given in the morning if necessary.

Uses : Very useful in intestinal worms colic intestines and flatulence.

7. Chest pain Cure or *Marbu Noi Nivarani:*

1.	*Kasthuri chendooram*	1 tola
2.	*Sringi Parpam*	4 tolas
3.	*Silasathu Parpam*	4 tolas
4.	*Suyamagni Chendooram*	4 tolas
5.	B.P. Stabilizer	13 tolas

Mixed well and bottled up.

Dose : 1 to 2 pinches B.D. with honey or other suitable *anupanam.*

Uses : Chest pain, indigestion, anorexia, *pandu*, *sobai* and *kamalai* etc, are cured.

12. SUVAIYINMAI
(TASTELESSNESS - AGEUSIA)

In this disease the exceeded *Azhal* and *Udhanan* should be corrected. And also the combined derangement of *Vali* and *Azhal* are be corrected.

The psychogenic causes like perturbation, excitement and other psychiatric reasons (Abnormal mental state) *(mana verubadu)* are also to be treated.

1. For the constipation in *Suvaiyinmai Noi*

The *'Sweet Malagari Legiyam'* is given in the dose of a bonduc nut size (8-10 gm) in morning and evening.

Vacchirakandi tablet, *Sugaviresana* tablet, *Sanjeevi* tablet any one of these given in night time only, at bed time in the dose of 2 tablets or it may also be given in the early morning.

Direct medicines

1. *Pasi theebana chooranam* (Appetizer)

Take dried Zingiber officinalis (ginger), pepper (Piper nigrum), long pepper (Piper longum), Cuminum cyminum (cumin seeds), Borax (Vengaram), Ferula asafoetida (Asafoetida) Ptychotis ajowan (Ajowan seeds) and cardamom seeds (Elettaria cardamomum). Take the Borax and Asafoetida in equal amount and fry them well and powder it. Other drugs also be powdered and taken in equal quantities.

Mix both the powder preparation and filter them with a clean cloth (filter).

Dose

It is given in morning and evening in the dose of 1 pinch.

Indications

Flatulence due to indigestion, (reflex) regurgitation, tastelessness, barbery, and *pitha rogams*.

It improves appetite.

2. *Seeraga chooranam*

Take cumin seeds (Cuminum cyminum) and purify them. Soak the cumin seeds in the lemon juice for a night and also in a day time, under sunlight. It is also soaked in ginger juice, Eclipta alba juice, Cardiospermum halicacabum juice (winter cherry's juice), Vitis quad rangularis juice and in Emblica officinalis juice (Indian goose berry) vice versa. Collect the preparation, after dried well and powder them.

Dose

This preparation is given in the dose of 1 pinch in morning and evening.

Indications

It is the direct medicine for *'Pitha'* related diseases. It is also indicated for *mayakkam* (faint), *kirukiruppu* (vertigo), *vanthi* (vomiting), *akkini mandham* (bilious flatulence) and *ushnam* (hyperyrexia.)

N.B.

Sugarcane juice, Mukia scabrella (Bryonia scabrilla juice), Solanum trilobatum juice, margosa bark juice and Leucas aspera juice are also used vice versa for soaking purpose.

3. *Injee chooranam* (Ginger *chooranam*)

Take the purified ginger – 10 *palam* and (remove the outer skin by scraping) cut them into pieces. Fry them with cow's ghee and add, dried ginger, long pepper (Piper longum), pepper (Piper nigrum), cardamom seeds (Elettaria cardamomum), Clove (Eugenia caryophyllata), ajowan seeds (Ptychotis ajowan), cumin

seeds (Cuminum cyminum), Celastrus paniculatus seeds, nut meg (Myristica officinalis), long pepper root, Indian liquorice (Glycyrrhiza glabra), Henban seeds (Hyoscyamus niger), Withania somnifera (Winter cherry), poppy seeds (Papaver somniferum), Cinnamomum (Cinnamom leaves), Coriander seeds (Coriandrum sativum), dates (Phoenix dactylifera) and cashew (Anacardium occidentale) each ¼ *palam.*

Fry them moderately. Then pound the mixture and make them into *chooranam*. Add 10 *palam* of sugarcandy powder and mix them. This *chooranam* preparation is given in the dose of ¼ *palam* in morning and evening.

Indications

Ushnam (Hyperpyrexia), *pithavayu*, *arosagam* (anorexia nervosa). It improves appetite and also causes free defecation.

Diet restrictions *(Pathiyam)* – *Iccha pathiyam.*

4. *Injee Chooranam* (Another)

Take purified ginger and fry it with cow's ghee. Collect the fried ginger in the amount of 3 *palam*. Take also long pepper – 3 *palam,* pepper – 3 *palam* and long pepper root, Cardamom seeds, dried ginger (Myristica officinalis), nut meg, Nardostachys jatamansi (musk root), cumin seeds (Cuminum cyminum), Pimpinella anisum (Anise seeds), Costus speciosus (costus root), Mesua ferrea (cobra's saffron), Cinnamomum tamala (Cinnaman leaves), Andropogan muricatus (Khus khus root), clove (Eugenia caryophllata), Mace (Arillus of the Myristica officinalis), Abies webbiana each of 1 *palam.*

Pound these well and make them into *chooranam*. Then filter them by a clean cloth (filter). Add 6 *palam* country sugar with the filtered powder and mix them well.

It is given in the dose of 1 pinch, in morning and evening.

Indications

Suvaiyinmai (tastelessness), *anna veruppu, pakka vayu, kulai erivu* (epigastric burning sensation), *vayu* (flatulence), vomiting, *kozhai, soodhaga vayu* (dysmenorrhea). Ref. S.V.T.

5. *Kesari legiyam*

It is given in the dose of 1-2 *varagan* in morning and evening for *pitham, pitha ajeeranum* (bilious indigestion), *anna veruppu* (anorexia), *aseerana bedhi* (indigestion diarrhoea), *pitha vayu* and *vayittru vali* (abdominal colic). Ref. S.V.T

6. *Elumicchai legiyam* (Another preparations)

The dosage and the indications are the same of the above *kesari legiyam.*

7. *Injee legiyam*

It is given in the dose of 5-8 gms. in morning and evening for *vayu, pitham*, vomiting, *soolai* (colic), *vali, arosagam* (anorexia nervosa), *anna thuvesam,* eight types of *gunmam*, *vayittru porumal* (borborygmus). (Ref. S.V.T).

N.B

It is also called as *'Kandatthiri legiyam'.* (vide page – 17 Agathiyar vaidhya ratthina surukkam).

8. *Puliarai nei*

It is given in the dose of one teaspoonful in morning and evening for *pithavettai, pithavayu, ericchal, neer surukku* (Oliguria), *mayakkam* (fainting), *vai neerooral* (sialorrhoea), tastlessness, *pitha* diseases and vomiting.

9. *Thiratsathi chooranam*

It is given in the dose of 5gm. in morning and evening with honey for *elaippu noi* (tuberculosis), *elai*, *erumal* (cough), *porumal* (borborygmus), *kasa surasam* (asthma) *gunmam* (peptic ulcer), *thathu sayam, piramegam*, *vayuttru noi*,

arosagam, vomiting, *payitthiyam, pandu* (anaemia), tuberculosis with fever, *sanni* (delirium), *mayakkam* (fainting), *pitham* – 40, . *nalir* (rigor) and *erivu* (burning sensation). (Ref. SVT).

10. *Vilvadhi legiyam*

Take Aegle marmelos root – 1 *palam*, and Bael fruit (Aegle marmelos fruit) – 5 *palam*. Pound them and soak the matter in 2 *padi* (2.6 litre) water for a day. Then boil the water until it reduces into ½ *padi* (650 ml) and filter them. Add 2 *palam* of jaggery with the prepared decoction and boil once again to prepare *'pagu'* (sweet syrup). Now add the powder of long pepper root, Plumbago zeylanica (Ceylon lead wort), pepper root, the flour of the malabar arrow root, Curcuma angustifolia, Celastrus paniculata (staff tree), Nardostachys jatamansi (musk root), Aconitum heterophyllum (Indian atees), *Induppu* (Rock salt) each of ½ *palam* and the Crocus sativus flower (saffron flower), clove (Eugenia caryophyllata), nut meg (Myristica officinalis), mace (Arillus of the Myristica officinalis), ox bile *(korosanai)* each of ½ *varagan*. (1 *varagan* 5.1 gm.)

Also add adequate amount of ghee and heat the preparation until it gets the *'mezhugu'* state. Then put off the preparation from the oven and allow it to cool. Now add honey – 1 *palam* and mix them well.

This *legiyam* is given in the dose of 5-8 gm. in morning and evening for the *gunmam* (peptic ulcer), *satthi, vikkal* (hiccup), *nenjuvali* (heart burn), *arosagam* (anorexia nervosa), *mookil neer paiythal* (rhinorrhoea), *kulai erivu* (epigastric tenderness), *kamalai* (jaundice), *kirani* (diarrhoea), *erumal* (cough), *vayuttruvali* (abdominal pain), *kirumi.* (helminthiasis) and *moolam* (haemorrhoides).

(Ref - Pocket Vaidhyam).

11. ***Annatthuvesam Nivarani***

Take a lemon fruit and cut it into two half. Take the dried ginger, pepper, long pepper, ajowan seeds, asafoetida in each of ¼ *palam* and powder them. Keep the powder mixture in a half lemon and allow it under the thin fog for a night. One piece is taken one time in morning daily for 4 days. It is given for *pithavayu, kirukiruppu* (vertigo), *nenjerivu* (burning sensation), *vai neerooral* (sialorrhoea), *vellokkalam*, (nausea), *annacheriyamai* (indigestion) and *annatthuvesam* (anorexia).

12. ***Kudineer*** **(Decoction) for** ***Arosagam*** **(Anorexia nervosa)**

Take cardamom seeds 1 *palam* (Elettaria cardamom), fried cumin seeds (Cuminum cyminum) 1 *palam*. Prepare the decoction with these ingredients as per procedure. This decoction is given, mixed with sugar for *arosagam.*

13. ***Naratthangai legiyam***

Take Citrus auranticum (sweet or Chinese orange), ginger (Zingiber officinalis), Withania somnifera (winter cherry) root, and Trianthema decandra root. Pound them well and extract the juice, each 1 *palam*. Add palm jaggery in 50 *palam* amount. Boil them and also add the *chooranam* preparation of *Trikadugu* (dried ginger, pepper and long pepper), Cardamom (Elettaria cardamomum), Indian liquorice (Glycyrrhiza glabra), Long pepper root (Charrica roxburghii), Costus speciosus (costus root), lesser glangal (Alpinia galanga), Coriander seeds (Coriandrum sativum), Abies webbiana, Cashew (Anacardium occidentale) each of 1 *palam*, Aconitum heterophyllum (Indian atees), Withania somnifera (winter cherry) root, Anacyclus pyrethrum (Indian pellitory), Cubeba officinalis (Tail pepper), Mesua ferrea (cobra's saffron), Myristica officinalis (nut meg), mace (Arillus of the Myristica officinalis), Clove (Eugenia caryophyllata), *Tripala* (chebulic myrobalan, Belleric myrobalan, Indian gooseberry), Hyocyamus niger (Henbane) seeds, ajowan seeds (Ptychotis ajowan), Santalum album (Sandal wood), Nigella sativa (Black cumin seeds)

in each of ½ *palam*. Then add 15 *palam* sugar (1 palam – 35 gm.) and 1.3 litre ghee. Mix the preparation well and get it in the *mezhugu patham*. Allow the preparation to cool. Then add 2.6 litres of honey and mix them well.

Dose

This *legiyam* is given in the dose of (6-10gm.) a bonduc nut size in morning and evening times.

Indications

Pitham (biliousness), *nenjerivu* (epigastric tenderness), *arosagam* (anorexia), vanthi (vomiting), *thabasuram* (fever), *vatha pitha rootchai, kirukiruppu* (vertigo), *vayu*, *thalainovu* (headache), *akkini mantham* (bilious indigestion), *malakkattu* (constipation) and *kanthal* (pyrexia).

Pathiyam (Diet restriction)

Avoid tamarind, bitter substances and also buttermilk. (Ref. practical pocket medicine – S.V.T.)

14. Chukku Vadagam

Take the dried ginger *palam* – 6, Abies webbiana – 5 *palam,* root of pepper and pepper seeds each of 1 *palam,* long pepper – 4 *palam*. Andropogan muricatus (khus – khus root) and Sadhoor sadham each of ¼ *palam*. Pound them well and make them into *chooranam*. Cook them with the steam bath of the cow's milk. Then add sugar *palam* – 6. Mix them well and make them into spherical shaped, (*urundai*) in the size of catechu nut. It is given in morning and evening times, in the dose of one *urundai.* It is indicated for *satthi, vikkal* (hiccup), arosagam (anorexia nervosa), *vai neerooral* (sialorrhoea), *vayu, akkini mantham* (bilious indigestion), *porumal* (flatulence), *elai* (tuberculosis), erumal (cough), and *thiridhotam.* (Ref. practical pocket medicine.)

15. *Karisalai legiyam*

It is given in the dose of bonduc nut size (6.10 mg.) in morning and evening for the *venpandu, pithavettai, kaikal olaicchal* (fatigue), *kandhal* (pyrexia), *erivu* (burning sensation), *vanthi* (vomiting), stuperous sleep, oozing oedema, *kirani* (diarrhoea) and *arosagam* (anorexia nervosa). (Ref. S.V.T)

16. *Sarapanga vilvathi legiyam*

It is given in the dose of 1 ¼ *varagan* (1 *varagan* –5. 1gm.) in morning and evening for *pithavettai, pitha pandu, kaya noi* (tuberculosis), *gunmam* (peptic ulcer), *kirani* (diarrhoea), *vaikasappu* (bitter taste), *vellokkalam* (nausea), *vai neerooral* (sialorrhoea), *akkini mandham* (bilious indigestion) *soolai* (colic), *kaikal kandhal* (warmy sensation in the limbs), *pitham* – 40 and *arosagam* (anorexia nervosa).

***Pathiyam* – Diet restriction**

Avoid tamarind and pungent substances. Avoid smoking and sexual contact. (Ref. SVT).

17. *Annathuvesa Nivarani*

1. Take ginger and purify it by removing its outer skin. Extract the juice. Put the juice in the just heated vessel and get the supernatant of the juice. It is taken in the dose of one ounce.
2. Add lemon juice in the amount of 2 oz.
3. Soak and mix the (seeds and the stalk removed) 50 gm. Angoor grapes in the lemon (prepared above) juice mixture then filter it.
4. Add also sugarcandy.
5. Mix 2 teaspoonful of honey.

This mixture is given in morning time only before taking the breakfast for three days. It is indicated for *arosagam* (anorexia nervosa), *annathuvesam* (dislikeness to eat), *suvaiyinmai*

(tastelessness), loss of appetite, constipation, *vai neerooral* sialorrhoea, *pithadhikkam* (biliousness), *kirukiruppu* (vertigo), vomiting, fainting.

18. *Arosaga Harangal* (drugs for *Arosagam*).

Described in *vaidhya sadhagam*. *Trikadugu* (dried ginger, pepper, long pepper), ginger, jaggery, cumin seeds (Cuminum cyminum), *thirisatham*, Solanum trilobatum, rock salt (sodium chloride impura), *sirumoolam*, Punica granatum (pomegranate), sugar, Abies webbiana, margosa flower (Azadiracta indica) root of pepper and *grapes*, are the drugs for *arosagam*.

19. *Maga vilvadhi legiyam*

It is given in the dose of one catechu nut size (5-8 gm.) twice a day, for *arosagam* (anorexia nervosa), *veekkam* (oedema), *sakthi pandu* (anaemia), *pandu* (anaemia due to toxicity), abdominal burning sensation, flatulence, *kirani* (diarrhoea), burning sensation in the limbs, *kanthal* (pyrexia), *annathuvesam* (dislikeness to eat), *athisaram* (diarrhoea) and *pitham* – 40. (Ref. Sikkitcha rathina deepam).

20. *Mandha Vayu Chooranam*

(*Chooranam* for abdominal flatulence)

It is given in the dose of one pinch in morning and evening with honey for tastelessness, indigestion, boroborygymi, abdominal colic, hypertension, vomiting, and flatulence. (Ref. S.R. Pharma).

21. *Injee Elumicchai manappagu*

It is given in one or 2 teaspoonful doses mixed with some water in morning and evening for *arosagam* (anorexia nervosa), vomiting, *pithadhikkam* (biliousness), *kirukiruppu* (vertigo), *seriyamai* (indigestion) and hypertension.

13. NEER VETKAI
(THIRSTINESS)

The causes for should be known first and the treatment be given based on the causes. Increase of *azhal* (Biliousness) or its excessiveness causes thirstiness; it should be corrected first or in case other diseases are aggravated by this disease, it will be spontaneously cured by giving treatment for the other diseases. Thirstiness is caused by the fluid loss or hypovolemaeia in the conditions like diarrhoea, vomiting, polyuria and haemorrhage. It is also seen in *muppini noi*. In these conditions the thirstiness spontaneously cured by the restoration of fluid loss.

1. *Sathi sambeera kuzhambu*

It may be given in the doses of 32.5 mg. or 65 mg. or 97.5 mg. or 130 mg. according to the disease condition, three times or four times a day (It is simply applied on the tongue), for vomiting, hiccough, thirstiness, anaemia, indigestive diarrhoea in paediatrics, pyrexia and syncope. (Ref. SVT.).

2. *Athimadhura kudineer*

Take the Andropogan muricatus root (khus – khus root), Vetiveria zizanoides (cuscus root), small Caltrops root (Tribulus terrestris), Indian sarsaparilla root (Hemidesmus indicus root), sweet fennel (Pimpinella anisum), seeds of the Wrightia tinctoria, Cyperus rotundus (nut grass), fried paddy, Vitis vinifera (grapes), dried Indian gooseberry, Bassia longifolia (Indian cotton tree) flower, dried ginger each of 3 *varagan* (1 *varagan* – 5.1 gm.)

Pound them well and add ½ *padi* water. Boil this preparation until it reduces into ¼ part. Then filter. It is given in the dose of one ounce, once in three hours, for *navaratchi* (dryness of tongue).

3. *Nayuruvi kudineer*

Take the burnt ash of Achyranthes aspera – 1 paḻam, burnt ashes of dried plantain leaves and the earth worm each of one *palam*. Keep them in an earthern vessel and add 1 *padi* (1.3 litre) water. Boil them until it reduces into ¼ *padi* and filter it.

It is given in the dose of 2 ounces in two or three times a day for any kind of *varatchi* (dryness of the tongue). It is also indicated for thirstiness, hiccup, roughness of tongue, *nakkaruppu* and *navaratchi* (Ref. Kannusamiyam).

4. *Avarai kudineer*

Take the barks of Eugenia jambolana, (Black berry) and Terminalia arjuna, Cyperus rotundus (nut grass), Terminalia chebula (Chebulic myrobalan), Emblica officinalis (dried Indian gooseberry), Terminalia belerica (belleric myrobalan), Cocculus villosus, Poppy seeds (Papaver somniferum), bark of a kind of Alangil (Alangium lamarckii), Cassia auriculata flower, bark of the Cassia auriculata and the root bark of the Cassia auriculata each of one *palam*. Pound them well and make them into *chooranam*. (or whenever the decoction is needed). Whenever it is needed, 1 *thola chooranam* is taken, with ¼ *padi* water and boiled until it reduces into ¼ part. Then it is filtered and given for 10 days twice a day. It is indicated for diabetes and also for polydypsia in diabetes. It may be given with *Abraha nayam chendooram* for better results. (Ref. Sikkitcha Rathinadeepam).

4. *Attrumanal kudineer*

(*Valukattiga kudineer* – Traditional manuscript)

Take

1. River sand one handful.
2. Fried paddy one handful.
3. Peacock feather – 1 *thola*.
4. Earth worm – 12-15 nos.
5. Cut bits of green palm leaves – ½ handful.

6. Cut bits of lemon fruit skin without juice.
7. Tender leaves of Ficus bengalensis. Ficus infectoria, and Ficus religiosa in each of one *thola*.

Keep the collections in an earthern vessel, and burn them. Add 1 *padi* water and Indian liquorice (Glycyrrhiza glabra), Aconitum heterophyllum (Indian atees), Costus speciosus (costus root) in each of ¼ *thola*.

Boil them well until it reduces into ¼ part. Then filter. It is given in the dose of 2-3 ounces. Once in three hours with little bit of palm jaggery for thirstiness, vomiting, hiccup, tongue, throat dryness, *amattal* and fatigue caused by *Oozhi Noi*. (cholera).

6. *Birakandamarutha karukku or Thumbai karukku kudineer*

Take the leaves of Leucas aspera, Acalypha indica and Gynandropsis pentaphylla (caravalla) each of one handful.

Put them in a vessel and burn them by heating. Remove the burnt ash and now take the Trigonella foenum graecum (fenugreek) ½ *palam*. Fry the fenugreek seeds moderately, and add 1 *padi* water. Boil it, until it reduces into 168 ml. (1.3 litre). It is given in the dose of 2 ounces 8 or 12 times a day, for thirstiness, vomiting, diarrhoea and flatulence.

Especially it is useful in the conditions of thirstiness, vomiting, diarrhoea, flatulence caused by *Oozhi Noi*. (Cholera).

7. *Manpuzhu kudineer* – (Decoction preparation of earth worms)

Take earth worm 20 in numbers put them in buttermilk or cow's milk for some time. It causes the expulsion of the soil swallowed by the worm. Now put the cleaned earth worms in an earthern vessel and burn them by heat. Then add 1 *padi* (1.3 litre) water and boil it, until it reduces into ¼ part. And filter the

preparation. It is given in the dose of 2 ounces, for *navaratchi* (tongue dryness), thirstiness, vomiting and hiccup.

8. *Manal kudineer*

Take one handful of sand and burn it by heat. Add 1 padi water and boil it until it reduces into ¼ part and then filter it. It is also given for the diseases said above in the same dosages.

9. *Nayuruvi kudineer* (Another preparation)

Take the whole plant of Achyranthes aspera, ribs of the tamarind (Tamarindus indicus). Horse-radish leaves (Moringa oleifera), Crataeva religiosa (Three leaved caper) bark, Plumbago zeylanica root bark (Ceylon leadwort), Indigofera aspalathoides, Calotropis gigantea (gigantic swallow wort) flower and tender fruit of the coconut tree (Cocus nucifera) each of 1 *palam*. Add 4 padi water. Boil them well until it reduces into ¼ part. Then filter. It is given in the dose of 2 ounces, three hours only for thirstiness caused by vomiting and diarrhoea. It may give good results, if some musk is added together.

10. *Navaratchi kudineer* for thirstiness in *kulir suram*

Take root of Sida acuta, Acorus calamus (sweet flag), Andrographis paniculata (chiretta), Earth worm and pepper (Piper nigrum) each of 1 *palam*. Put them in an earthern vessel and burn them to ash. Then remove the ash and now add black cumin seeds (Nigella sativa), ajowan seeds (Ptychotis ajowan) each of ½ *palam*. Fry them well and add water 1 *padi* with this preparation. Boil them until it reduces into ¼ part. It is given in the dose of 2 ounces in morning, afternoon and evening times for thirstiness. (Ref. Brahma ragasiyam – part – 2)

11. *Athimadhura kudineer* (Another preparation from practical pocket medicine)

Take Glycyrrhiza glabra (Indian liquorice), Dill seeds (Peucedanum graveolens), Costus speciosus (costus root), Andropogan muricatus (Khus – khusroot), Vettiveria zizanioides

(cuscus root), Coriander seeds (Coriandrum sativum), dried ginger (Zingiber officinalis) and cumin seeds (Cuminum cyminum) each of 1 *palam*. Prepare the decoction as per procedure. It is given in the optimal dose for tongue dryness and thirstiness.

12. *Vilva kozhundhu kudineer*

Take the tender leaves of Aegle marmelos, Glycyrrhiza glabra (Indian liquorice), Andropogan muricatus (khus – khus root), Costus speciosus (costus root), (Indian mimusops), Mimusops hexandra alias Mimusops indica, coriander seeds (Coriandrum sativum) and Phaseolus mungo (green gram) each of 1 *palam*. Prepare decoction as per procedure by adding water and boiling. It is given in the optimal dose for thirstiness and tongue dryness.

13. *Attru manal kudineer* (Another preparation).

Take the river sand in one handful amount and burn them well by heating. Add also one handful of Ficus religiosa (sacred fig) tender leaves. Heat them to burnt. Now put the ajowan seeds (Ptychotis ajowan) of 1¼ *varagan* and allow it to fry. Add 1 *padi* water and boil them until it reduces into ¼ part. It is given in the dose of 2 ounces in morning and evening for tongue dryness, and thirstiness.

14. *Chooranam* for *naa varatchi* (Tongue dryness)

Take Terminalia chebula (Chebulic myrobalan), Terminalia bellerica (Belleric myrobalan), dried ginger (Zingiber officinalis), pepper (Piper nigrum), long pepper (Piper longum), Clerodendron serratum, Rhus succedenea (The galls), Costus speciosus (costus root), Nardostachys jatamansi (musk root), and Rock salt (Sodium chloride impura), powder them well and make them into *chooranam*. It is given in the dose of one pinch, thrice a day with breast milk or honey. (Ref. Pocket practical medicine).

15. *Vidathaga Noi harangal* (Siddha sulogam).

Glycyrrhiza glabra (Indian liquorice), Plumbago zeylanica (Ceylon leadwort), Andropogan muricatus (khus – khus root)

Punica granatum (Pomegranate), Bassia longifolia flower, Indian gooseberry (Emblica officinalis), Trichosanthes cucumerina (wild snake gourd), tender coconut water, sugar, camphor (Cinnamomum camphora), Tinospora cordifolia, fried paddy, milk, flour of fried rice, Mollugo cerviana, Indian sarsaparilla root (Hemidesmus indicus), Phaseolus mungo (green gram), water in which soaked, Gmelina asiatica root, cashew nut (Anacardium occidentale), dates (Phoenix dactylifera), castor seeds (Ricinus communis), Coriander seeds (Coriandrum sativum), Santalum album (sandal wood), cold water, honey, Andrographis paniculata (chiretta), Asparagus racemosus, Saccharam officinarum (Red variety of sugarcane) - these are all prescribed drugs for thirstiness.

16. *Nanduvalai* water

It is indicated for vomiting, thirstiness and hiccup.

17. *Kandavizhtham* : (Refer '*Vikkal Noi*')

It is frequently applied on the tongue for *sabtha thosam*, 13 types of *sanni*, tongue dryness, glossitis, shiny tongue, *nakkaruppu, namullu* (cherry eruptions of the tongue), thirstiness, *sugasanni*, vomiting, *asathiya vikkal, vatham*.

18. *Nannari manappagu* (A preparation from Indian Sarsaparilla)

It is given in the dose of 2 *thola* mixed with 4 *thola* water in morning and evening for *Mega Noi* (syphilis), *Kaikal erivu* (Burning sensation of the limbs), *Kannerivu* (Eye sore), *Navaratchi* (Dryness of tongue) and thirstiness. It causes chillness of the body.

Preparation

Take the Indian sarsaparilla root (Hemidesmus indicus) – 3 ½ *Rubayedai* (1 *Rubayedai* – 12 gm.) and pound them well. Soak the pounded matter in the ½ *padi* water for 6 hours. Then filter. Boil them until it reduces to ¾ *padi*. Then mix 100 gms. (approximate) of sugar and prepare the *pagu* (syrup).

14. SERIYAAMAI (INDIGESTION)

Treatment

Indigestian is mostly caused by the *valiazhal* or *azhal vali* derangements. It also affects the *Udhanan*, *Abhanan (Nadukkal)* and *Samana*n. It is our duty to correct the deranged humours and the diet intake.

1. *Pancha Deepakkini chooranam*

It is given in the dose of one pinch in morning and evening times with honey and ghee for *Uttina Noi,* soolai (colic), *pithavayu, kapha noi, porumal* (borborygymus), *mayakkam* (fainting), *atthisuram* (fever due to bone diseases), *vettai* (gonorrhoea) and *moola vayu* (Haemorrhoides). (Ref. SVT).

2. *Atta Deepakkini chooranam*

Take dried ginger, pepper (Piper nigrum), long pepper (Piper longum), ajowan seeds (Ptychotis ajowan), rock salt (Sodium chloride impura), cumin seeds (Cuminum cyminum), black cuminseeds (Nigella sativa), Ferula asafoetida (Asafoetida) in equal amounts. Fry them all except the asafoetida and powdered rock salt. Pound this mixture and filter them by a clean cloth. Keep this preparation in an earthern vessel or pot.

Dose

It is given in the dose of one pinch, mixed with ghee and taken along with food. It improves digestion. It expels the gas accumulation from the intestines.

It also cures indigestion which is the primary symptom of gunmam (peptic ulcer). It is called as *Anna podi* (*Anna* powder). It may also be given along with butter milk. (Ref. Sikitcharathna deepam). Page – 159.

3. *Inthuppu chooranam*

Take,

Rock salt (Sodium chloride impura)	– 1 *palam*
Cumin seeds (Cuminum cyminum)	– 3 *palam*
Dried ginger (Zingiber officinalis)	– 5 *palam*
Ajowan seeds (Ptychotis ajowan)	– 2 *palam*
Long pepper (Piper longum)	– 4 *palam*
Chebulic myrobalan (Terminalia chebula)	– 15 *palam*

Fry all these moderately except the rock salt. Then pound them all (rock salt). And make them into *chooranam*. Then filter them, by a clean cloth.

Keep the preparation in an earthern vessel.

Dose

It is given in the dose of one pinch, twice a day with honey. It improves digestion and cures constipation.

4. *Seeraga chooranam*

Take 5 *palam* of cumin seeds (Cuminum cyminum) and put them in lemon juice in a pot. Allow them to soak and keep them under sunlight until it gets dried. Collect the dried matter and again put it in Eclipta alba juice, Mukia scabrella juice, Indian gooseberry juice (Emblica officinalis juice), Solanum trilobatum juice, neem bark juice (Azadiracta indica), Leucas aspera juice, vice versa.

Collect the dried cumin seeds and pound them into *chooranam*. Add sugar ¼ part of the total weight of the *chooranam*. Keep the *chooranam* in a new container.

Dose

It is given in the dose of one pinch, in morning and evening times with honey for vertigo, vomiting, *arosagam* (anorexia

nervosa), *akkini mantham* (bilious flatulence), indigestion, *thega kangai* (pyrexia). (Ref. Sikitcha rathina deepam).

5. *Panja deepakkini Legiyam*

It is given in the dose of one catechu (5-8 gm) nut size in morning and evening times for *vayu, vatham, ushnam, pithavayu, udaluaivu, udalkutthu, vali, kaduppu, erichhal, bedi, porumal, vatha kiragani, asthi suram, asthivettai,* vomiting, *ajeeranam* diseases. (Ref. SVT).

6. *Injee legiyam*

Take,

Ginger (Zingiber officinalis)	– 5 *palam*
Abies webbiana	– 1 *palam* (35 gms)
Lemon fruit (Citrus acida).	– 10 *palam*
Indian gooseberry (Emblica officinalis)	– ½ *padi*
Cumin Seeds (Cuminum cyminum)	– 1 *palam*
Clove (Eugenia caryophyllata)	– 1 *palam*
Honey	– 5 *palam*

and country sugar – 5 *palam*. Prior to preparation proces, we have to purify the ingredients. Cumin seeds have to be soaked in lemon juice and kept under the sunlight until it gets dried and then pounded.

Emblica fruits are pounded and the seeds are removed The outer skin of ginger is scrapped. Then all the other ingredients are taken with the above purified cumin seeds powder, Emblica fruits pounded matter and ginger (outer skin removed). Pound the mixture well and make them into *chooranam*. Add honey and

sugar gradually with the *chooranam* and keep the preparation under sunlight. Collect the preparation after it attains the required *'patham'* (state).

Dose

It is given in the dose of 5-10 gm. (in the size of Solanum torvum fruits) morning and evening before food. It improves digestion and also cures *pitha* disorders like, nausea, vomiting, indigestion, abdominal pain and heart burn. It is called as *"Bojana kurada"*.

7. *Maha vilvathi legiyam*

It is given in the dose of 6-10 gm. (One catechu nut size) in morning and evening for (anorexia nervosa) *arosagam, satthi, veekkam* (odema), *pandu* (anaemia), *vida pandu,* (anaemia due to intoxication), burning sensation in stomach, flatulence, diarrhoea, burning sensation in the limbs, pyrexia, disliking on food substances, indigestion, dysentery, *pitham* – 40 and *ksaya kasam* (cough in tuberculosis).

8. *Sowpakkiya chunti* (Sikittcha rathina deepam)

Take,

Cow's milk	– 2 *padi* (2.6 lt)
Sugar	– ½ *veesai* (700 gms)
Dried ginger	– 8 *palam* (280 gms)
Celastrus paniculatus (staff tree) seeds	– 1 *palam* (35 gm)
Ajowan seeds (Pytchotis ajowan)	– 1 *palam* (35 gm)
Embelia ribes	– 1 p*alam* (35 gm)
Long pepper (Piper longum)	– 1 *palam* (35 gm)
Piper nigrum (pepper)	– 1 *palam* (35 gm)

Cardamom seeds (Elettaria cardamomum)	– 1 *palam* (35 gm)
Eclipta alba	– 1 *palam* (35 gm)
Peucedanum graveolens (dill seeds)	– 1 *palam* (35 gm)
Coriander seeds (Coriandrum sativum)	– 1 palam (35 gm)

Boil cow's milk first, then add purified sugar gradually and make this mixture to *'pagu'*. Then add the other *chooranas* one by one and mix well. Add ghee in the end. Get the preparation as *legiyam.* Allow this preparation to cool. Then add honey.

Dose

It is given in the dose of 6-10 gm. (in the size of Solanum torvum fruit) in morning and evening for *gunmam* (peptic ulcer), *vali* (gastritis), *soothaga vayu* (menorrhagia), *vayitthuppusam* (flatulence) and indigestion.

9. Kesari legyam

It is given in the dose of 1 to 2 *varagan* (1 *varagan* 5.2 gm) in morning and evening for *pitham.* (biliousness), *pitha ajeeranam* (bilious indigestion), *annaveruppu* (dislikeness on food stuffs), *ajeerana bedhi* (indigestive diarrhoea), *pitha vayu* and *vayittru vali* (abdominal colic). (Ref. SVT).

10. *Thayir chundi chooranam*

It is given in the dose of 1 pinch in morning and evening with warm water for indigestive diarrhoea.

11. *Kandatthiri chooranam* (manuscript)

Take scraped outer skin of ginger 3 *palam* and cut them into pieces. Fry them with ghee. Then add pepper and long pepper in the dose of 3 *palam*, root of long pepper – 1 *palam*, cardamom seeds (Elettaria cardamomum) 2 *palam.* dried ginger, nut meg

(Myristica officinalis), mace (Arilus of Myristica officinalis), Nardostachys jatamansi (musk root), cumin seeds (Cuminum cyminum) each of 2 *palam.* Costus speciosus. (costus root) – 1 *palam,* Mesua ferrea (cobra saffron), clove (Eugenia caryophyllata), Cinnamomum tamala (cinnamomum leaves), Andropogan muricatus (khus – khus root). Abies webbiana in each of 1 *palam* and sugar – 10 *palam.* Pound them all and make into *chooranam.* It is given in the dose of 1 pinch in morning and evening with honey for 5-7 days. It is indicated for indigestion. (gastritis), *pakkavayu, sooshikavayu* (menorrhagia) and *kulai ericchal* (epigastric burning sensation).

12. *Puthina* tablet (manuscript)

Take common table salt (sodium chloride), sweet fennel (Pimpinella anisum), pepper (Piper nigrum), cumin seeds (Cuminum cyminum), dried ginger (Zingiber officinalis) each of ½ *palam,* mentha arvensis – ¼ *palam.* Grind them with lemon juice. Then make them into tablets and allow them to dry.

One tablet is given in morning and evening with warm water for indigestion, vomiting and indigestive diarrhoea for 5 days.

13. *Deepakkini chooranam*. (SVT)

It is given in the dose of one pinch in morning and evening with honey for the indigestion, *kayam* (tuberculosis), *erumal* (cough), *gunmam* (peptic ulcer), *kirani* (dysentery), and *moolam* (haemorrhoides).

14. *Manthakini haram* (sadhalogam)

The drugs used for *adhisaram, kirani noi,* also indicates for *manthakini* alias indigestion.

15. *Adhisara haram*

Root of Sida acuta, seeds of Wrightia tinctoria, (Indrajao seeds), kernel of the mango (Mangifera indica), bark of Mangifera indica, Varatt chundai (Aristolochia bracteata), Tamarind seeds, Tamarind root, bark of Tamarindus indicus, Curcuma zedoaria (The

round white zeodoary), Pomegranate (Punica granatum), Bael tender fruit (Aegle marmelos), Diospyros embryopteris (Indian persimon) unripe fruit, flower of the Musa sapientum (plantain flower), Cocus nucifera flower, *Atthi poo*, clove (Eugenia caryophyllata), Physicnut (Caespinia bonducella), Phyllanthus multiflorus, Andropogan muricatus (khus khus root), Indian mimusops (Mimusop selengi) bark, nutmeg (Myristica officinalis), Mimosa cinerea, Pterocarpus marsupium bark (Indian kino tree), fried paddy, Vitex negundo tender leaves, Enicostema littorale seeds, cumin seeds (Cuminum cyminum), Phoenix dactylifera (Dates), long pepper (Piper longum), Symplocos racemosa (lodh tree) Diospyros melanoxylon, Eugenia jambolana bark, tender leaves of the black berry tree, Terminalia chebula (Chebulic myrobalan), Tragia cannabina, Sterculia foetida (poon tree), wild almond, dried ginger, Bombax malabaricum gums, milk, gingelly oil (Sesamum indicum), Ricinus communis (castor seeds), (Ptychotis ajowan), ajowan seeds, Anthocephalus cadamba (wild cinchona), bark, Phyllanthus niruri, Wrightia tinctoria bark, Shorea robusta (sal tree), Cannabis sativa (Indian hemp), Cassia auriculata bark, ghee, honey, cow's curd, Aconitum heterophyllum (Indian atees), Exocoria agallocha (Tiger's milk tree) and goat's curd are the drugs given for *adhisaram* (diarrhoea). All these are also useful for *manthakini* (indigestion).

16. *Kirani haram*

Saraca indica root, Pongamia glabra, (Indian beech) seeds, Lippia nodiflora, Alangium lamarckii (sage – leaved alangium), *Kuzhambu more*, Acorus calamus (sweet flag), Ammonium salt (Ammonium chloride), Satthiccharam (a prepared acid salt derived by filtering a boiled solution of a mixture consisting of nitre, salt ammonia, fuller's earth and common salt, Potash carbonate impura, Plumbago zeylanica (Ceylon leadwort), *Trikadugu* (dried ginger, pepper and long pepper), Sirumoolam root of pepper plant (Piper nigrum), Mollugo cerviana, Murraya koenigii (curry leaves), cumin seeds (Cuminum cyminum), Ferula asafoetida (asafoetida),

Boerhaavia diffusa (spreading hog-weed). Tephrosia spinosa (Galega spinosa), Andropogan nardus (citronella), Gynandropsis pentaphylla, Oxalis corniculata (Indian sorrel), Rock salt (Sodium chloride impura), common salt, *kaiycchuppu* (common salt obtained by boiling or by evaporation), *pottuluppu* (unpurified salt petre-Nitrate of potash), *Karuttharuppu.* Trianthema decandra, Cassia auriculata root, *Takkolam*, Borax powder and Marsilea grandifolia leaves are the drugs given for *kirani Noi*. All these are also useful for *Mandhakkini Noi.*

17. *Mandha vayu chooranam* or *vayu chooranam*

Take fried and powdered cumin seeds and cardamom seeds (Elettaria cardamomum and Cuminum cyminum), crude camphor each equal amount. Mix them well and add the powdered sugar in the amount of measures of the total weight of the mixture prepared above.

This *chooranam* is given in the dose of 1 pinch in morning and evening with honey for *seriyamai* (indigestion), *ajeeranam, vayittru porumal* (borborygmus), stomach pain, flatulence, hypertension, anorexia nervosa (arosagam) and vomiting. It improves appetite.

I. *Pancha Deepagni chooranam* No. III. (Traditional) (S.R. Pharma)

Take the following ingredients :

1. *Chukku* (dried ginger) *chooranam.*
2. Pepper *chooranam.*
3. Long pepper *chooranam.*
4. Coriander deeds *chooranam.* (Coriandrum sativum)
5. Cardamom seeds *chooranam* (Elettaria cardamomum).
   each of 6 *tolas.*
6. Sugar candy – 30 *tolas.*

Pound them well and make them into *chooranam*. It is given in the dose of ¼ to ½ teaspoonful or 15-30 grains two times a day with honey.

The above *chooranam* may be mixed with honey and prepared as *legiyam* and taken in the dose of ¼ to ½ *tola*. Better to prepare the sugarcandy into a suitable syrup. Then the *chooranam* is mixed in it. After cooling hoeny is added.

Uses

Pithavayu, indigestion, *vanthi* (vomiting), and eructation etc. are relieved.

15. VIKKAL NOI
(HICCUP)

Treatment

In this disease, the vayu is chilled by cool substances. Then it increases *kapha* and causes *Vikkal Noi*. The exceeded kapha and vayu should be corrected first.

Besides these, the *vikkal noi* sometimes accompanies in other diseases also.

In that cases, the treatment should be given for both diseases (*vikkal noi* and the main disease). The diseases accompanied by *vikkal noi*, are (i) *mukkuttra noi*, (ii) neer *vetkkai* (thirstiness), (iii) starving persons, (iv) diabetes.

1. *Mayiliragathi chooranam*

It is given in the dose of 1 pinch in two or three times a day with honey for hiccup. (Ref. Siddha vaidhya thirattu).

2. *Mayiliragathi chooranam* – (S.R. Pharma)

Take the *chooranam* of fried long pepper – 8 gm. and of fried cumin seeds (Cuminum cyminum) – 10 gm, burnt ash of peacock feather – 4 ½ gm. fried and burnt ash of chrysalis (pupa) – *(pattukkoondu)* – 4 ½ gm. Mix them well and keep them, in an air – tight container.

Dose

It is given in the dose of 5 – 15 grains in thrice a day with honey for hiccup. It has been proved by experience.

3. *Nanduvalai thanneer*

It is given gradually for vomiting, hiccup, and for thirstiness. (Ref. Padharttha Guna Cinthamani).

4. *Nayam kasthoori*

It is given in the dose of 1 grain with a betal leaf to be chewed. It is indicated for hiccup.

5. *Vasantha kusumagaram* or *magavasantha kusumagaram*

One tablet is given with the decoction of pepper, long pepper, Anacyclus pyrethrum (pellitory root), Indian liquorice (Glycyrrhiza glabra), and Costus speciosus (Costus root) or with the decoction of roomasthagi and Cinnamomum cassia bark (Cinnamom dried inner bark) in morning and evening for hiccup.

6. *Sathi sambeera kuzhambu*

It is applied on the tongue, in the dose of 130 mg. for vomiting, hiccup, tongue dryness and arosagam (anorexia nervosa).

7. Take the seeds (kernel) of Nelumbium speciousum (sacred lotus) No - 5 and equal amount of *Arakku kuzhavi koondu* (waspsnest). Grind them with warm water. It is given mixed with warm water or cow's milk for hiccup in three or four times a day for three days. (Ref. Agathiyar 1600 manuscript).

8. *Guru parpam* (manuscript) – Traditional

Take the old leather sandal and cut it into pieces. Add equal amount of pepper. Burn the mixture by heating to ash. It is given in the dose of 2 pinches with honey for hiccup, and vomiting. It is given three or four times a day.

9. *Thiratchai* decoction for hiccup

(Dr. M.S. Velu's own experience for persistent hiccup with complication)

Take the coriander seeds dried ginger, pepper, long pepper, *kanda thippili* (root of the long pepper), lesser galangal (Alpinia galanga), Abies webbiana, cumin seeds (Cuminum cyminum), cardamom seeds (Elettaria cardamomum) in each of ¼ *palam*. Angoor grapes 70 gms (Stalk, seeds removed) and water – 1.4

lit. Boil them until it reduces into ¼ part. Then filter. It is given in morning and evening for (recalcitrant) hiccups.

10. *Vikkal Nivarani*

Take the Abutilon indicum root, Ficus religiosa tender leaves, dried Indian gooseberry in each of 1 *palam,* dates (Phoenix datylifera) – 2½ *palam,* long pepper – ½ *palam.*, cardamom seeds – ¼ *palam* (Elettaria cardamomum), dried paddy 1/8 *padi,* and water – 1 *padi.* Boil them well until it reduces into ¼ part. Then filter it. It is given in the dose of 1/16 *padi* three times a day for *Vikkal noi* (Hiccup) (Traditional).

11. *Vikkal nivarani* juice

Sugar cane juice, lemon juice are mixed in little quantity. It has to be given 3 times daily for hiccup and vomiting.

12. *Vikkal Nivarani*

Take

1. Long pepper – 3 *varagan.*
2. Cardamom seeds - 1½ *varagan.*
3. Old leather sandal pieces – 5 *varagan.*
4. Peacock feathers – 5 *varagan.*
5. Lemon – one or two in numbers.

First burn the peacock feather and the sandal leather to ashes. Fry the long pepper and cardamom seeds and powder them. Mix them well and now add the lemon juice and little bit of honey. Apply this mixture on the tongue frequently. It relieves hiccup.

13. *Vikkal Nivarani* (Another preparation)

Take Rhus succedanea (galls), Nardostachys jatamansi (musk root), Clerodendron serratum, dried ginger, pepper, long pepper and seeds of Cucurbita maxima (great pumpkin seeds) in equal amount. Powder them and make into *chooranam*. Add equal amount of sugar. It is given in morning and evening with honey for hiccup.

14. *Vikkal legiyam* (manuscript)

Take fried paddy, sugar and long pepper. Fry and powder them. Take this powder and Alpinia galanga powder (lesser galangal) in each of 1 *palam*. Angoor grapes (stalk and seeds removed) –2 *palam*, clove (Eugenia caryophyllata), Anacyclus pyrethrum (pellitory root) in each of 1 *palam*, good quality of honey – ¼ *padi*.

First mix the *chooranam* (mixture) and sugar. Then add honey and mix them well. (No need to add ghee).

Dose

It is given in the dose of bonduc nut size (6-8 gm.) in two or three times a day for hiccup. It may also be given as *chooranam*, mixed with honey.

15. *Tamarai Vitthu legiyam* for hiccup

Take the dates (Phoenix dactylifera)	– 1 *palam* (35g)
Angoor grapes	– 1 *palam*
Sugar candy	– 2 *palam*
Honey	– 4 ounces
Nut meg. (Myristica officinalis)	– 1 *thola*
Mace	
(Arillus of the Myristica officinalis)	– 1 *thola*.
Cardamom seeds	– 1 *thola*.
(Elettaria cardamomum)	
Clove (Eugenia caryophyllata)	– 1 *thola*.
Cubeba officinalis (Valmilagu)	– *thola*.
Poppy seeds. (Papaver somniferum)	– 1 *thola*
Long pepper (Piper longum)	– 1 *thola*
Seeds of the Nelumbium	– 2 *palam*
Speciosum (Kernel)	

Cow's ghee	– 8 ounces
Almond (Prunus amygdelus)	– 1 *palam*
Cow's milk	– 1 *padi*

Preparation

First fry the fruit items, poppy seeds and other kernel varieties with ghee. Then powder them. Collect the other drugs fry them and powder them. Mix the powder preparations. Add sugarcandy with milk and prepare *'Pagu'* (sweet syrup). Then mix the *chooranam* gradually with the *'Pagu'* and add ghee in the end. Add honey after it had cooled itself. Keep this preparation in an air – tight container.

Dose

It is given in the dose of one Emblica fruit size, in 2 or three times a day. (8-10 gm). It relieves hiccup what ever kind it may be. (manuscript).

16. *Vikkal Nivarani - 1*

Take the long pepper (Piper longum), black cumin seeds (Nigella sativa) and peacock feather in equal quantities. Burn them to ashes. Then mix the ash with honey. This mixture is frequently applied on the tongue for *vikkal noi.* (hiccup).

17. *Vikkal Nivarani - 2*

Take the Peacock feather, cumin seeds (Cuminum cyminum) deer's horn, cardamom seeds (Elettaria cardamomum), Abies webbiana, outer skin of lemon fruit, and fried paddy in equal quantity. Powder them well. Keep the powder in a black silk cloth. Then soak it in honey. Then burn it until it becomes to ashes and grind the ashes with honey. This ground mixture is frequently applied in the tongue for *Vikkal (hiccup) noi.*

18. *Vikkal Nivarani - 3*

(Another page – 133 Adhmaracchamirdham)

Take the clove (Eugenia caryophyllata), Cardamom seeds (Elettaria cardamomum), and cumin seeds (Cuminum cyminum)

in equal quantity. Fry them individually and powder them. Then add the burnt ash of peacock feather in the quantity of 1/3 of the total weight of the powder preparation. Mix them well. It is given in the dose of one pinch in two or three times a day with honey for *Vikkal noi.* (hiccup)

19. *Vikkal Nivarani* - 4

Take the benzoin powder (Boswellia serrata) and good quality of (resin) jaggery in equal quantity. Grind them well in a mortar and get the preparation in *'Mezhugu' patham* (state). It is given for *Vikkal Noi* (hiccup) with honey in the dose of *Thoothulangai* size eight times in a day.

20. *Vikkal Nivarani* - 5

Take the old sandal leather pieces, catechu nut, long pepper and pepper powder them well and take individually in equal quantity. Burn them to ashes by heating. Then grind the ash with honey. It is given frequently, as the nasal application. (once in 15 minutes for *vikkal noi* (hiccup).

21. Solid sugarcandy may be used sublingually for hiccup

22. Take the old sandal leather pieces and burn them to ashes. Mix the ash with honey. This mixture may be used as tongue application for *vikkal noi* (hiccup).

23. The ground mixture of sugarcane juice with Benzoin resin can also be used as tongue application for *Vikkal Noi* (hiccup).

24. *Vikkal Nivarani* - 6

Take the burnt peacock feather, Indian liquorice (Glycyrrhiza glabra), and long peper in equal quantity. Pound them well. Grind them with *Nandu valai thanneer*. Add sugar and honey with the ground matter. Apply this preparation on the tongue frequently whenever it is needed.

25. *Vikkal Nivarani* - 7

Take coriander seeds (Coriandrum sativum), Indian liquorice (Glycyrrhiza glabra), Andropogan muricatus (khus-khus root), root

of the pepper plant, Hemidesmus indicus tuber and Vetiveria zizanioides (cuscus root) in equal amount. Pound them well. Then grind them with *Nandu Valai thanneer.* It is given with *Nandu valai thanneer* for vomiting, hiccup and for thirstiness.

26. Vikkal Nivarani - 8

Take *Trikadugu* (ginger, pepper and long pepper), Chebulic myrobalan (purified), sugar and borax powder in equal amount. Powder them well. Then grind them with lemon juice. Give the ground matter with honey as tongue application frequently wherever it is needed for hiccup.

27. *Vikkal Nivarani* - 9

Take Cardamom seeds (Elettaria cardamomum), Clove (Eugenia caryophyllata), Cinnamomum tamala, Mesua ferrea (cobra's saffron), flesh of Bael fruit (Aegle marmelos, fried paddy, Cyperus rotundus (nut grass), Santalum album (sandal wood), and Cardiospermum halicacabum (Heart-pea) tender leaves in equal amount. Powder them well. Mix sugar and honey with this powder. Give this preparation as tongue application frequently wherever it is needed, for *vikkal noi.* (hiccup).

28. *Vikkal Nivarani* -10

Take Thespesia populnea bark and turmeric (Curcuma longa). Grind them well. Then mix the ground matter with honey. It is given 2 or three times a day for *vikkal noi.* (hiccup).

29. *Vikkal Theera Kudineer* (manuscript).

Take the burnt ashes of Achyranthes aspera, the plantain dried leaves, peacock feather and earth worm. Collect the individual ashes in equal amount and add 1 *padi* water. Boil them until it reduces into ¼ part. Then filter. It is given three or four times a day for thirstiness due to phlegmatic conditions, hiccup, vomiting, tongue dryness, rough tongue and for *nakkaruppu.*

30. *Vikkal Nivarani* - 11

(Refer. Page – 133 Athmaracchamirdham)

Take Strychnos potatorum (clearing nut), Satalum album (sandal wood), deer's horn in equal amount. Powder them well. Grind the powder with breast milk and is given in the dose of a catechu nut size, mixed with tender coconut water, ½ *varagan*, fried borax powder and jaggery 2 or three times a day for *vikkal* (hiccup).

31. The burnt ash of the wood-apple shell (Feronia elephantum)

It is given mixed with honey three or four times a day for hiccup.

32. Special camphor in oil

3 grains in 1.C.C by hypodermic injection has given very good results in persistant hiccup.

33. Fumigation for hiccup (Pulippaani – 500 page – 32)

Take the sandal wood powder, benzoin resin in equal amount. Collect the mixture in a pepper and roll it as a cigarette. Then inhale the smoke after it has been lit for hiccup.

34. Inhalation for hiccup (manuscript).

Take the cardamom seeds and powder them. Tie the powder in a clean cloth. Soak the cloth in the *Annakadi neer* and inhale the smellings, for hiccup. (ie. by smelling the bundle of *Elarisi* powder dipped in *Annakadijalam*).

35. The burnt tamarind may be smelt for *Vikkal Noi* (hiccup)

36. Nasiyam for *Vikkal Noi* (Nasal drops for hiccup)

Take the rock salt (Indhuppu) powder and tie them in a clean cloth. Soak it in cow's ghee. Then squeeze the soaked cloth and allow the drops into the nostrils for *vikkal noi.* (hiccup).

37. Fumigation for recalcitrant hiccup

(page – 17 Theraiyar Vaidhyam – 1500)

Take sandal powder, benzoin resin powder, Indian liquorice (Glycyrrhiza glabra) and Aquilaria agallocha (Aloe – wood) powder them and tie in a clean cloth, smoulder the cloth and inhale the smoke for three days for hiccough.

38. External application for hiccough. (Manuscript).

Take the burnt wool – 1 *palam* and the Zizyphus jujuba leaves. Grind the leaves well. Then dissolve the ground matter in the cold water. Churn the water with thorns fixed wooden stick. It causes frothing. Collect the froth; mix it with castor oil and burnt wool. Apply this preparation externally, from the throat to the umbilicus. Or take the dried shell of the bael fruit (Aegle marmelos) and grind it with the breast milk. Mix the ground matter with castor oil and apply externally from the throat to the umbilicus.

Diet

Give milk porridge. Diet restriction may be followed according to the diseases, which cause the hiccup.

39. *Vikkal Kudineer*

(Another preparation – page – 92. Sikitccha rathina deepam)

Take Prema integrifolia, green gram (Phaseolus mungo), fried paddy and Aegle marmelos leaves in each of 1 *palam,* cardamom seeds – ¼ *palam*. Add 1 *padi* water and boil them until it reduces into 1/8 part. Then filter. It is given in the dose of 1 ounce, four times a day for hiccup.

40. *Kasthoori mezhugu*

(page – 107 Vishavaidhya cinthamani)

Take musk (Moschus moschiferus) – 1gm. Crude camphor 2gm. Ox's bile – 3gm. Saffron flower 4gm. unctuous secretion of civet cat – 1/4gm. unctuous odorous secretion of zibet cat 1/4gm. Clove (Eugenia caryophyllata) – 4gm. Cubeba officinalis (Tail

pepper) – 4gm. Cardamom seeds – 8gm. (Elettaria cardamomum) and Cinnamomum zeylanica bark – 8part.

Pound them with betal leaf juice, Anisochilus carnosus juice (Thick – leave lavender), Solanum trilobatum juice, Ginger juice (Zingiber officinalis), Milagu decoction (Piper nigrum) and Eclipta prostratra juice (yellow karisalai) individually for 3 hours. Then allow the ground matter to dry in shady place. Then collect the dried matter and grind them with honey. Collect the grind matter in an airtight container.

Dose

It is given in the dose of 260mg, with honey 2 or three times a day for 3 or five days. It is indicated for *sanni* (delirium), *seethalam* (phlegmatic conditions), *suram* (fever), *kapha noi,* Uppisam (flatulence), mantham, vikkal (hiccup), mugavadha *sanni, soothaga sanni* (menorrhagia), *erumal* (cough), *thagai maradaippu* (IHD) and *nadukku vatham* (parkinsonism).

41. *Kandavizhtham* (Manuscript)

a) Take *naga parpam* or *velvanga parpam*, *velliparpam, thanga parpam*, *muthu parpam*, *thambira parpam*, *yanai thantha parpam* (Tusk – *parpam*) or *kandamiruga kombu parpam* (rhinoceros unicornis horn), *nal pavala parpam*, deer's horn *parpam*, *suvarnavalai, rasa chendooram,* each of 1 grain dose.

b) Take the ginger (Zingiber officinalis), dried ginger, lesser galangal (Alpinia galanga), Anacyclus pyrethrum (Indian pellitory), Bael root (Aegle marmelos) or dried Bael fruit shell, Indian liquorice (Glycyrrhiza galbra), clove (Eugenia caryophyllata), Costus speciosus (Costus root), long pepper (Piper longum), Elaeocarpus tuberculatus (Rutthraksham), Cycas circinalis and Adathoda vasica root. Grind them individually with 4 or 5 drops of breast milk.

Procedure

Grind the materials of (a) with 4 or 5 drops (uraippu) of breast milk. Then mix the ground matter of (b). Add milk and honey and mix this preparation well. (like Linctus). It is used for the application on tongue for the following diseases.

Indications

Sabtha thodam (seven types of *thosam*), 13 types of sanni (delirium), dryness of tongue, glossitis *(navaluvaluppu), nakkaruppu, namullu,* thirstiness, *sugasanni,* vomiting, *asathiya vikkal* and *vatham*.

42. *Vikkal Nivarani* (Another preparation)

Take the purified conch shell and grind it with breast milk. Apply the ground matter on the tongue for *vikkal* (hiccup) *noi*.

16. VAANTHI
(VOMITING)

Treatment

It is caused by the derangement of the *Vali, Azhal* and *Iyyam* humours. The derangement may be in combined or alone. So the treatment should be given only after knowing well the humour derangement which caused the diseases. According to the humour derangement, *Udhanan, Abhanan* and *Samanan* would be defected. So the treatment should be given to correct the deranged vayu defections. If the vomiting accompanies with other diseases, treatment should be given for both the primary diseases and for vomiting. The following treatment is advised for vomiting diseases, which comes lonely.

Notes

The medicine given for *arosagam* (anorexia nervosa), indigestion and thirstiness are also indicated for vomiting.

1. *Thayir chundi chooranam*

It is given in the dose of 1 pinch with warm water in morning and evening for indigestion diarrhoea and vomiting. (Ref. S.V.T.)

2. *Pancha Deepakkini chooranam*

It is given in the dose of 1 pinch with honey or ghee in morning and evening for indigestion, vomiting, and borborygmus (Ref. S.V.T.).

3. *Deepakkini Chooranam*

It is given in the dose of 1 pinch with honey in morning and evening for vomiting due to indigestion and for *gunmam* (Peptic ulcer). (Ref. S.V.T.).

4. *Seeraga chooranam*

It is given in the dose of 1 pinch in morning and evening with honey for vomiting, *pitham* (biliousness) *kirukiruppu* (vertigo)

akkini mantham (bilious flatulence) and for hyperpyrexia. (Ref. S.V.T.).

5. ***Sathi Sambeera Kuzhambu***

It is given in the dose of 130mg. in 2 or three times a day as tongue application for vomiting, thirsty, hiccup, anaemia, mantha bedhi (indigestive diarrhoea), *veppu* (fever), and syncope. (Ref. S.V.T.).

6. ***Kesari Legiyam***

It is given in the dose of 1 to 2 *varagan* in morning and evening for *pitham* (biliousness), *pitha aseeranam* (bilious indigestion), *anna veruppu* (anorexia nervosa), *aseerana bedhi* (indigestive diarrhoea), vomiting, abdominal colic, and *pitha vayu*. (Ref. S.V.T.).

7. ***Elumicchai legiyam*** **(Another preparation S.R. Pharma)**

It is given in the same dose of *kersari legiyam* for the same indications as in *kesari legiyam.*

8. ***Injee Rasayanam***

It is given in the dose of 1 pinch with honey in morning and evening for vomiting, burning sensations, anal (pyrexia), flatulence and for *pitha* diseases.

9. ***Nandukuzhi Neer***

It is frequently given for vomiting, thirstiness and for hiccup, whenever it is needed.

10. ***Navarasa thuvaiyal***

It is given in optional doses in morning and evening for vomiting.

11. ***Puthina*** **tablet** (Ref. to no. 12 under seriyamai)

One tablet is given in morning and evening with warm water for *seriyamai* (indigestion), diarrhoea and vomiting.

12. ***Mahavilvathi legiyam*** (Sikkitccha Rathina deepam)

It is given in the dose of one catechu nut size in morning and evening for anorexia, oedema, vomiting, anaemia, indigestion, abdominal burning sensation, burning sensation of the upper and lower limbs, anorexia nervosa, diarrhoea, *pitham* and *ksaya kasam.* (Refer to no.7 under seriyamai).

13. Talisathi Vadagam

One vadagam is given in morning and evening with honey for *kapham, vatham, kirahani* (dysentry), *adhisaram* (diarrhoea), *alasam, vamanam, pakka noi. Vadagam* is made in the size of Solanum torvum fruits. (Ref. S.V.T.).

14. *Elumicchai manappagu, naratthai manapagu, nellikkai manappagu, madhulai rasayanaam* all these are all used as mixed with little water, 2 or three times a day for vomiting, *arosagam* (Anorexia), *annathuvesam* (anorexia nervosa) and for vomiting in pergnancy.

15. ***Puthina tuvaiyal, puliyarai thuvaiyal***

These are also used for vomiting.

16. Padigara chendooram – 1 ***chittigai, mandha vayu chooranam*** **or** ***pittathikkam nivarana chooranam***

It is given in the dose of 1 pinch in morning and evening with honey for vomiting, *arosagam* (anorexia), *kirukiruppu* (vertigo), *vayu* and anorexia. (Ref. to S. R. Pharma for these preparations).

17. ***Vanthi Noi Haram*** **(Satha Sulogam)**

Soft earth of the anthill (considered as having medicinal value) tender leaves of the Eugenia jambalona. Bael root (Aegle marmelos), fried paddy, Abies webbiana, flour of the fried paddy, Dried ginger, sugar, honey, tender coconut water, milk, seeds of the Zizyphus jujuba, cumin seeds (Cuminum cyminum), Punica granatum (pomegranate), Coriander seeds (Coriandrum sativum), seeds of the pomegranate, Feronia elephantum (wood-apple),

Plumbago zeylanica (ceylon lead wort) and Santalum album (sandal wood) are the drugs useful for vomiting.

18. Vanthi Nivarani

(for children and adults- page- 189- Pulippani)

Elavanga *chooranam* (*chooranam* prepartion of Eugenia Caryophyllata), Aconitum heterophyllum (Indian a tees) *chooranam*, long pepper chooranum and burnt ash of peacock feather in equal amount. Then mix them. It is given in the dose of 1or 2 chittigai for children, and 1 pinch dose for adults with honey, two or three times a day It is indicated for vomiting and *ajeeranam* (indigestion) and *mantha bedhi* (indigestive diarrhoea). It has been proved by experience

Some Manappagu preparations

1. *Elumicchai Manappagu*

Take 10gm. of lemon juice and add 20or 25 gms of sugar or sugarcandy. Then boil them until it gets *'pagu'* state. Then keep this *manappagu* in an air-tight container.

It is given in 3 *thola* dose mixed with 6-*thola* water in morning and evening for *pitham*. It also relieves vomiting and *arosagam.*

2. *Kumati mathulam manappagu*

Take the pomegranate fruit and remove its skin. Pound them and extract the juice. Add equal amount of sugar or sugar candy and boil them until it gets *'pagu'* state. Keep them in an air – tight container. 1 *thola* dose of *manappagu* is given mixed with 2 *thola* amount of water in morning and evening for *pitham*, *pitha choodu,* vomiting and anorexia.

3. *Madhulam pazha manappagu*

Take the pomegranate juice-10gm. and add 15gm. of sugar. Boil them until it gets *'pagu'* state. Keep the preparation in an airtight container. It is given in the same dose and for the same disease, as said above.

4. *Naratthampazha manappagu*

Take the juice of *Narattham* fruit juice (Citrus auranticum) - 10gm. and add 20gm of sugar. Boil them until it gets *'pagu'* state. Then keep this preparation in an air tight container. it is given in the dose of 3 *thola*, mixed with 6 thola of water in morning and evening for *pitham*, vomiting, and for *arosagam.* (anorexia).

19. *Attru manal kudineer. pirasanda marutha karukku, manpuzhu kudineer.*

These decoctions are given in optimal doses for vomiting, thirstiness, tongue dryness and for hiccup. (vide – *Neervetkai Noi*) Nos.5, 6 and 7).

20. *Paga kadukkai* (S.V.T.)

One piece is given before and after meals for vomiting, cough, flatulence and for abdominal diseases. *(Hayithru noi).*

21. *Injee Elumicchai manappagu* (S.R.PHARMA)

1 or 2 teaspoonful is given, mixed with one ounce of water in morning and evening for *pitham* (biliousness), vomiting, *arosagam* (anorexia), *seriyamai* (indigestion), *kudal purrattal, kirukiruppu* (vertigo) and for hypertension.

22. *Thiratchai kudineer* for *theratha Vanthi*, *Vayittru Vali*, Gunmam -

Take the Angoor grapes (stalk and seeds removed)-60gm. Cardamom – ¼ Rubayedai (0.096 gm.) and Pimpinella anisum (sweet fennel) – 0.384gm. Add ½ *padi* water. Boil them until it reduces into ¼ part. Then filter it. It is given in the dose of 2 ounces, mixed with ginger juice, lemon juice, Mentha arvensis juice each of ½ ounces, good quality of honey and sugarcandy, daily 2 or three times for *gunmam* and for uncontrolled *vanthi* (recalcitranct vomiting).

23. Pitha vanthi remedy

Take,

1. *Chukku* (dried ginger) – *Chooranam*
2. *Elarisi Chooranam* (cardamom seeds – *chooranam*) – 4 ounces
3. *Jeerakam chooranam* (Cumin seeds – *chooranam*) – 4 ounces
4. *Nelli vatral chooranam* (Dried emblica fruits *chooranam*) – 4 ounces
5. Sugar – 16 ounces

Mix them well and keep it in an air-tight container.

Dose : 10-20 grains B.D. with ghee or honey.

Uses : Vomiting, Sialorrhoea (Salivation),

Fainting due to biliousness *(Pitha mayakkam)*, giddiness *Andavayu* etc. are cured.

24. Children Vanthi Remedy

Take,

1. Clove *chooranam* (Eugenia caryophyllata) – Lavangam - 1 ounce
2. Aconitum heterophyllum *chooranam* (Indian aloes) – Athividayam - 1 ounce
3. Long Pepper *Chooranam* (Piper longum) – Arisi thippilli - 1 ounce
4. Burnt ash of Peacock feather - 1 ounce

Mix them well and keep them in an air-tight container.

Dose : 1 to 2 pinches b.d. or t.d.s. to be given with honey.

Uses : Vomiting and indigestion, are cured in children and adults.

25. Vanthi remedy No. 2 (S.R. Pharma)

Take,

1. Alum Chendoorum – 1 or 2 pinches
2. B.P. Stabilizer – ¼ or ½ teaspoonful

Mix them well and be given one dose with honey 2 or 3 times a day. Vomiting, giddiness and sleeplessness are relieved by this.

26. *Padika-Vengkara Parpam* or *Acharam Nivarani* or Stomatitis Cure No.1 (Special) (S.R. Pharma)

1. Fried *Padikaram* – 5 *palams*
2. Fried *Venkaram* – 5 *palams*

Both are finely powdered, rubbed with cow's butter (preferably home made churned butter)-lb. 1 in a *kalvam,* placed in a suitable *kuduvai,* mouth covered with a mud cloth of seven layers and subjected to *putam* with 50 to 60 cow dung cakes in a pit. (The medicine inside the *kuduvai* should be less than half of the capacity of the *kuduvai*). On being cooled, the *parpam* is secured, at times it is greyish.

Next *Sirungi parpam* No.1 half of the total weight of the above finished *parpam* is added, mixed nicely in a *kalvam* and bottled up.

Note

When we use the butter purchased from the ghee shop for *putams* of any medicine, it becomes blackened. We must not use the bazaar sold butter under any circumstance. Simple *Padikaram* too rubbed with bazaar butter becomes black. Home-made better is better to be used.

Dose

2 to 4 grains with cow's butter or castor oil may be taken twice or thrice a day.

Uses

Stomatitis, glossitis, pharyngitis, nausea, vomiting and mercury poisoning are cured.

27. Stomatitis Cure Powder – No. II (Special) (S.R. Pharma)

Take

1. *Padika Venkara Parpam* or Stomatitis Cure No. 1 – 5 ounces
2. *Kungilya Chooranam* – 2 1/2 ounces
3. *Shavarkara Chooranam* – 1 ¼ ounces and
4. *Nellikai*-Juice / Powder – 5 ounces

All these ingredients are well mixed together and bottled up.

Dose

5 to 10 grains may be given with cow's butter or other suitable adjuvants twice a day.

Uses

Stomatitis, pharyngitis, nausea, vomiting, urinary troubles and mercurialism are cured.

17. MAANTHAM
(FLATULENCE)

Treatment

In this disease, first the *Vali* humour increases itself and it elevates the *Kapha* humour. Then it causes indigestion by affecting the *Udhanan* and *Abanan.*

So the treatment should be given to correct the affected humours.

1. *Talisathi Vadagam*

It is given in the dose of one *vadagam* (powdered) mixed with honey in morning and evening for *alasam* alias *Maantha Noi.* It also cures *kapham*, *vayu*, dysentery *(kirani)*, *vamanam*, diarrhoea *(adhisaram)* and *pakka noi.* (Ref. Siddha Vaidya Thirattu S.V.T.).

2. *Vacchiravalli* alias *Pirandai Vadagam*
(Vitis quandrangularis)

One vadagam is given as fried with ghee in morning and evening for flatulence *(maantham)*, peptic ulcer *(gunmam)* and enlargement of spleen *(vallaikatti).* It improves appetite. (Ref. page. No. 230-S.V.T.)

3. *Pirandai Vadagam* (Another Page No. 232 – S.V.T.)

It is given in the dose of one tablet in morning and evening for *maantham, kirumi, sayithiya vayu* and peptic ulcer *(gunnam).* It also stimulates appetite.

4. *Kariveppilai Vadagam* : (S.V.T.)

One tablet is given in morning and evening for flatulence *(maantham),* diarrhoea and for digestive disorders.

5. *Pavana Kadukkai* : (S.V.T.)

One piece is taken internally before and after meals for flatulence *(maantham)*, cough *(erumal)*, digestive disorders and vomiting.

6. *Injee Rasayanam* : (S.V.T.)

It is given in the dose of one pinch, in morning and evening with honey for *maantham,* vomiting, burning sensation of body, anal and *pitha* diseases.

7. *Injee Chooranam* : (S.V.T.)

One pinch dose is given in morning and evening with honey for *maantham,* tastelessness (suvai inmai), *onveruppu, pakka vayu*, epigastric tenderness with burning sensation *(kulai erivu), vayu*, vomiting, *soolai,* and dysmenorrhoea *(Soothaga Vayu).*

8. *Chundai Vattral Chooranam* (S.V.T.)

It is given in the dose of one pinch in morning and evening with buffalo curd for flatulence *(maantham)* borborygmi *(porumal)* diarrhoea, haemorrhoids and dysentery.

9. *Thayir Chundi Chooranam* : (S.V.T.)

One pinch dose is given with warm water in morning and evening for flatulence *(maantham)* and indigestive diarrhoea.

10. *Pancha Deepakkini Chooranam*

One pinch dose is given in morning and evening with honey for flatulence *(maantham),* indigestion *(seriyamai)*, *pitha vayu, kapha noi,* fainting *(mayakkam)* and anorectal diseases *(moola vayu).* (Ref. S.V.T.)

For the constipation *Vacchirakandi* tablet, *Sanjeevi* tablet, *Sugaviresana* tablet, *Siddhathi ennai, Vellai ennai, Vaadhanaasa thailam* any one of the above is given in required doses with optimal adjuvants in a single dose.

The mixture of *Pudina rasam*
(Mentha sylvestris) – 35 gm (1 *palam*)

Lemon Juice – 70 gm

Little bit of sugar and honey

is given in the dose of ½ ounce in morning and evening for the flatulence *(maantham)*, vomiting and arosagam. It also stimulates appetite.

11. *Maantha Vayu Chooranam*

(Refer No. 17 under Seriyamai)

One pinch of the dose is given in morning and evening with honey for flatulence *(maantham)*, indigestion *(seriyamai) ajeeranam*, borborygmus *(vayiru porumal)*, abdominal pain *(vayittru vali)*, hypertension, anorexia *(arosagam)* and vomiting. It improves appetite.

Note

The medicines given for *seriyamai* are also prescribed for *maantha noi.*

12. *Gunma Kudori* (S.V.T.)

It is given in the dose of (Solanum torvum) fruits size – *sundaikkai* in morning and evening with cow's butter milk and warm water for dysmenorrhoea, peptic ulcer *(gunmam)*, flatulence *(maantham)* indigestion *(ajeernam)* and *pitha vayu.*

13. *Inji Rasayanam* : (Another preparation – Refer to No.7 *Legiyam* under *Gunma Noi*)

It is given in the dose of goose berry (Emblica officinalis) fruit size in morning and evening for peptic ulcer *(gunmam)*, flatulence *(maantham)*, indigestion, *ruthra vayu* and *sialorrhoea* (vai neerooral).

18. GUNMAM (PEPTIC ULCER)

Treatment

In this disease, *maantham* causes the defection of *Vali* and also increases the defected *Vayu* which results in the affection of other humours.

So the treatment should be given only depending upon the correct humour dearngements. Defection of *Vayu* causes the indigestion and it results in anaemia, it may also lead to constipation, rumbling sounds in the stomach, borborygmus, abdominal colic and vomiting.

These are all caused by the defective functions of the *Abhanan, Udhanan* and *Samanan.*

So prior to the treatment the defections should be known first, and they should be treated by appropriate medicines. Constipation, anorexia, indigestion, borborygmus, colic pain and vomiting are also treated symptomatically or systematically.

In peptic ulcer (*gunma noi*) vomiting is induced in the cases of flatulence with indigestion.

Drugs which induce Vomiting

1. Powdered *Sanjeevi* tablet is mixed with honey and given with burnt Euphorbia nerifolia juice – *Ilai kalli* in the dose of one or two teaspoonful, in morning time only (single dose). It induces vomiting and diarrhoea.
2. The decoction preparation of the Sweet flag (Acorus calamus) – *Vasambu* is given in the dose of 5 ml (Conchful), in morning. It induces vomiting and also expels abdominal gas. (Single dose).
3. The decoction preparation of the Mustard seeds (Brassica juncea) Lawsonia alba root – *Azhavanam ver,* dried Ginger

and Costus root (Costus speciosus) – *Kottam* (in each of 1 *varagan*) is given in the dose of one or two ounces in morning time only (single dose) to induce vomiting. (Ref. *Siddha Maruthuvam*).

4. *Vamana Kasaayam* : (Sikitcha Rathna Deepam)

Take tree mushroom – *Marak Kaalaan* – 35 gm (1 *palam*) and add ½ *(padi)* water. Boil them until it reduces ¼ (padi). Then filter it. This *kasaayam* is given to induce vomiting. The vomiting may be profuse, but it will be stopped by giving cooked rice (without water).

5. Take Tylophora indica plant – *Nanju murichan kodi samoolam* and grind it well. It is given in the dose of Gooseberry fruit (Emblica officinalis) fruit size mixed with milk. This will be followed by the taking of the cooked green gram (Phaseolus mungo) and broken grain (*Paccharisi).*

Vomiting starts and it may be profuse. Cooked rice with *kuzhambu* only could stop this vomiting. But should not take the food with water.

Once vomiting is stopped, any kind of food would be allowed.

Decoction for Purgation *(Siddha Maruthuvam)*

1. Take dried Ginger, Pepper, Long Pepper, Plumbago zeylanica root bark – Chithira moolaver pattai and Triangular spurge root bark (Euphorbia antiquorum) *Muppattai Kalli ver pattai* in each of 17.5 gm (½ *palam*). Prepare decoction as per procedure. Then filter it. It is given in the dose of 42 ml to 84 ml. withone teaspoonful of the powder mixture of rock Salt, Ammonium chloride salt, common salt. It induces both vomiting and purgation.

2. Take dates (Phoenix daetylifera) Grapes (Vitis vinifera), cumin seeds (Cuminum cyminum) Ajowan seeds (Ptychotis ajowan) Tinospora cordifolia, Cuscus root (Vetiveria

zizanioides) Senna (Cassia lanceolata) Liquorice (Glycyrrhiza glabra) and Picrorhiza kurroa in equal amounts. Prepare decoction as per procedure. It is given in the dose of 84 ml. mixed with palm sugarcandy and rock salt (single dose) in morning. It induces purgation. It has been considered as good remedy for *Azhal Gunma noi.* (as per the author's thought).

3. Take the burnt ash of Sarcostemma brevistigma – *Kombu kalli,* Ceylon lead wort (Plumbago zeylanica) root bark, dried Ginger (Zingiber officinalis), Long pepper (Piper longum), Pepper (Piper nigrum), Costus root (Costus speciosum), Anacylus pyrethrum. Liquorice (Glycyrrhiza glabra) Indian jalap. Turpeth root (Ipomoea turpethum) Chebulic myrobalan (Terminalia chebula) dried Emblica fruit (Emblica officinalis) and Belleric myrobalan (Terminalia bellerica) in equal amount, triturate them well. Take one handful of the pounded matter and prepare decoction as per procedure. Add rock salt little bit and give this mixture in single dose for purgation. (Ref. Siddha Maruthuvam).

Powder preparation *(Podi)*

1. Dried Vitis quadrangularis – *Pirandai vatral*, Pavonia zeylanica – *Sitramutti,* Cumin seeds (Cuminum cyminum) Ajowan seeds (Ptychotis ajowan) dried Ginger (Zingiber officinalis), Pepper (Piper nigrum), Ceylon leadwort (Plumbago zeylanica), Asafoetida (Ferula asafoetida), Indian jalap (Ipomoea turpethum) Dill seeds (Peucedanum graveolens) and wild variety of Gingelly seeds (Sesamum indicum). Triturate them and then powder them. Filter them with a clean cloth.

Take this *chooranam* in the amount of 70 gm (2 *palam*) and the flour of the Malabar arrow root (Curcuma angustifolia) 350 gm. Mix these preparations well.

Take 2 *padi* water in container. Add 150 gm (5 *palam*) of smashed common milk hedge (Euphorbia nerifolia) and ½ padi of cow's curd. Cover the mouth of the vessel with a cloth. Keep the powder preparation on this cloth. Then close the container. Heat the container moderately with little fire and boil the powder preparation with steam *(Pittaviyal)*. Then allow this preparation to dry. It is given in the dose of *virakadai* for purgation. It also expels the gas.

Ghee Varieties : *(Nei)*

1. Take the juices of the Vitis quadrangularis *(Pirandai)*, Heart's pea (Cardiospermum halicacabum) – *Mudakkatran*, Holy Basil (Ocimum sanctum) and Indian sorrel (Oxalis corniculata) – *Puliyarai* in each of 1 *padi*.

Plumbago zeylanica root bark – Chitramoolaver Pattai	– 70 gm (2 *palam*)
Trianthema decandra – *Vellai charadai* ver	– 70 gm (2 *palam*)
Clerodendron serratum – *Siru Thekku*	– 70 gm (2 *palam*)
Sweet Flag (Acorus calamus) – *Vasambu*	– 70 gm (2 *palam*)
Linten jerns (Withania somnifera) – *Amukkara*	– 70 gm (2 *palam*)
Tinospora cordifolia – *Seenthil thandu*	– 70 gm (2 *palam*)
Dried Ginger (Zingiber officinalis)	– 70 gm (2 *palam*)
Pepper (Piper nigrum)	– 70 gm (2 *palam*)
Long Pepper (Piper longum)	– 70 gm (2 *palam*)
Cardamom seeds (Elettaria cardamomum)	– 70 gm (2 *palam*)
Picrorhiza kurroa - *Kaduga rogani*	– 35 gm
Indian jalap (Ipomoea turpethum) – *Sivathai*	– 35 gm

Liquorice (Glycyrrhiza glabra) – *Athimaduram*	– 35 gm
Garlic (Allium sativum)	– 35 gm
Cow's ghee	– 2 padi

First powder them all. (Except the juices and ghee). Then add the juices and ghee. Boil this preparation and get it in the correct patham. Add little bit of rock salt (Induppu) and give this preparation as single dose for purgation.

2. Another preparation

Chebulic myrobalan unripe fruits skin (Terminalia chebula)	– 350 gm (10 *palam*)
Embelia ribes – *Vayu vidangam*	– 35 gm
Pavonia zeylanica – *Sitramutti*	– 35 gm
Pavonia odorata – *Peramutti*	– 35 gm
Clerodendron serratum – *Siru Thekku*	– 35 gm
Picrorrhiza kurroa – *Kaduga rogini*	– 35 gm
Indian jalap root (Ipomoea turpethum) – *Sivathai ver*	– 35 gm
Dried Solanum torvum unripe fruits – *Sundai vatral*	– 35 gm
Euphorbia nerifolia root bark – *Kalli ver pattai*	– 35 gm
Oozhalattri bark	– 35 gm

Triturate them well and add 4 padi of curd. Boil this preparation until it reduces into 1 *padi*. Then add cumin seeds (Cuminum cyminum) ani seed (Pimpinella anisum) – soambu, nut meg (Myristica officinalis) – *sathikkai*, mace (Arillus of the Myristica officinalis) – *sathipathiri* and long pepper (Piper longum) in each of 17.5 gm.

Triturate them with milk and boil this preparation until it gets certain patham. It is given in optimal single dose in morning time only for *Vali Gunmam*, *Vayu Gunmam*. It induces purgation.

3. Another Preparation

Cashew (Anacardium occidentale) – *Kottai Munthirikai*	– 105 gm (3 *palam*)
Dates (Phoenix dactylifera)	- 105 gm (3 *palam*)
Mollugo cerviana – *Parpadagam*	- 105 gm (3 *palam*)
Tinospora cordifolia – *Seenthil*	- 105 gm (3 *palam*)
Khus-khus root (Andropogan muricatus) – *Vilamichu ver*	- 105 gm (3 *palam*)
Cuscus root (Vetiveria zizanoides)	- 105 gm (3 *palam*)
Liquorice (Glycyrrhiza glabra) – *Adimadhuram*	- 105 gm (3 *palam*)
Nut grass (Cyperus rotundus) – *Korai kizhangu* Chebulic myrobalan (Terminalia chebula) – *Kadukkai*]	- 105 gm (3 *palam*)
Belleric myrobalan (Terminalia bellerica)	- 105 gm (3 *palam*)
Dried Emblica fruit (Emblica officinalis)	- 105 gm (3 *palam*)
Again add the Chebulic myrobalan unripe fruits outer skin	- 700 gm (20 *palam*)

Triturate this preparation well. And add 4 *padi* water. Boil this preparation until it reduces into 1/8 part. Then filter it. Now add cow's ghee ½ padi and boil this preparation once again. Then add the triturated matters of the cumin seeds (Cuminum cyminum), anise seeds (Pimpinella anisum), nutmeg (Myristica officinalis), mace (Arillus of the Myristica officinalis), clove (Eugenia

caryophyllata) and Cinnamomum cassia bark (in each of 1 *varagan*) with milk. When the preparation is getting boiled, add the fried asafoetida (Ferula asafoetida) – 1 *palam* and powdered. Then filter the preparation. It is given in the dose of one to three teaspoonful in morning time only for *Azhal gunmam*. (Ref. Siddha Maruthuvam).

Purgative Oils : (Bethi Ennei) Varieties

Siddhathi ennai, Vellai ennai, Vadhanasa thailam, Merugulli thailam, Kumatti ennai and *Kazharchi ennai* anyone of these alone can be given in morning time for one or three days according to the patient's condition and the severity of the diseases. It also cures (Peptic ulcer) *gunmam*.

1. *Karkam* varieties

Take the fresh *Gunma kudori* plant and cut it into pieces. Collect the pieces of 35 gm. (1 *palam*) and add pepper (Piper nigrum) 17.5 gm (1/2 *palam*) Salt 1/16 *palam*. Triturate these ingredients well and the triturate matter as 'Adai'. It is given in morning and evening in the dose of Solanum torvum fruits – *Sundaikkai* size. Increase the dose gradually upto the maximum dose of 5. Then maintain this maximum dose in morning and evening. The medicine is taken first which will be followed by water. The medicine has to be kept under sunlight atleast for a while daily for preservation.

2. Another Preparation

The triturated matter of pigs greens (Amaranthus campestris) and Alternanthera sessilis – added with little bit of old jaggery. This mixture is given with goat's milk in morning and evening for *Azhal gunmam*.

3. Another preparation

Take the ginger (Zingiber officinalis) and remove the outer skin. Then cut them into pieces. Add cow's ghee and fry them moderately. Collect this fried ginger in the dose of 175 gm.

(5 *palam*) and add the powdered mixture of pepper, long pepper, Costus root (Costus speciosus) – *Kottam*. Plumbago zeylanica root bark – *Kodi veli pattai* each of 17.5 gm (1/2 *palam*). Mix them well. It is given in the dose of 4.2 gm (one varagan) mixed with sugar twice a day for *Gunmam*.

4. Another preparation

Take the Ajowan seeds – omam and triturate them with Tribulus terrestris juice – *nerunji* leaf juice.

Then allow the triturated matter to dry and powder them. It is given in optimal dose twice a day with betel leaf juice for *Gunma noi*. It also cures the body *thimir*. (Ref. Siddha Maruthuvam).

Decoctions : (Another – 'Theran' method)

1. Take the following

Gunma Kudori plant	– 35 gm (1 *palam*)
Pepper (Piper nigrum)	– 35 gm
Dried Ginger (Zingiber officinalis)	– 35 gm
Long Pepper (Piper longum)	– 35 gm
Clove (Eugenia caryophyllata)	– 35 gm
Nut meg (Myristica officinalis)	– 35 gm
Add	
Common milk hedge (Euphorbia nerifolia) root bark	– ½ *palam*
water	– 8 *palam*

Then boil them until it reduces into 1/8 part and filter it. It is given in the optimal doses in morning and evening for *gunma noi*.

Another preparation

2. Take the following :

Moringa oleifera bark Drumstick bark	– 5.1 gm (2 *kazhanju*)
Garlic (Allium sativum)	– 5.1 gm

Trianthema decardra root – *Saranai ver* – 5.1 gm

Prosopis spicigera bark *Vanni tree* bark – 5.1 gm

Bonduc nut (Caesalpinia bonduc)
kazharchi paruppu – 5.1 gm

Tephrosia purpurea bark *Kozhinjipattai* – 5.1 gm

Dried Ginger – 5.1 gm

Triturate them well and add 1 *padi* water. Boil them until it reduces into 336 ml. It is given in morning and evening times for *gunmam.*

3. Take the following :

Bonduc nut (Caesalpinia bonduc)
- *Kazharchi paruppu*

Garlic (Allium sativum)

Root of the pepper plant
- *Sevviyam*

Rock salt *(Inthuppu)*

Asafoetida (Ferula asafoetida)

Dried Ginger, Ajowan seeds (Ptychotis ajowan)
- *Omam*

Triturate them well and prepare decoction as per the procedure. It is given in optimal doses in morning and evening times for *Soolai gunmam.*

4. Take the following :

Fried paddy - *Nel pori*

Green gram (Phaseolus mungo) - *Pasi payaru*

Basel fruit (Aegle marmelos) - *Vilvam*

Premna latifolia - *Munnai*

Cardamom seeds

Dried Ginger, Dried Emblic fruits - Nelli Mulli

in equal amount. Prepare decoction as per the procedure. It is given in optimal doses in morning and evening times for *Satthi Gunmam*, *Sura sathi*, Vertigo *(Kirukiruppu)*, *Uzhalai*, Syncope *(Moorchai)*.

5. Take the following :

Acacia arabica bark	-	*Velam pattai*
Dried Emblica fruits	-	*Nelli vatral*
Fried paddy		
Green gram (Phaseolus mungo)		
Aegle marmelos	-	*Vilva kattai*

In equal amount. Add adequate amount of cow's urine and prepare decoction as per the procedure. It is given in optimal doses in morning and evening times for emaciations and *gunmam*.

Powder preparations : (Podi varieties)

1. Take the following :

Trianthema decandra root Saranai ver	-	35 gm (1 *palam*)
Dried Ginger	-	35 gm
Rock Salt	-	35 gm
Pepper	-	70 gm
Long pepper	-	70 gm
Garlic (Allium sativum)	-	70 gm
Ajowan seeds (Ptychotis ajowan)	-	70 gm
Chebulic myrobalan outer skin	-	525 gm (15 *palam*)

Triturate them well. Add common milk hedge (Euphorbia nerifolia) juice – 1 *padi* and goat's milk –2 *padi*. Mix them well and allow the mixture to dry under sunlight. Keep (insert) the dried powder within 20 partially severed colocynth – wild gourd

– *Thumatti kai* and tie the wild gourds by the threads. Put them in an earthen vessel. Cover the vessel with seven layers of soiled clothes. Then burn or calcine the preparation by using the goat's dung pieces (as fuel). The powder is the end product.

It is given in the dose of ½ to 1 teaspoonful with ginger juice and dried ginger (sukku) decoction (adjuvants). Avoid salt and sour substances. It is indicated for *gunmam.*

2. Another preparation

Take Adathoda vasica leaves and allow them to dry. Add purified salt and ajowan seeds (Ptychotis ajowan) – *omam* in each of ½ and ¼ measures to the weight of the *Adathoda* leaves respectively. Put them in a crucible and cover the crucible with the '*Seelai man*'. Burn the preparation by heating with 60 dung cakes (as fuel). It is given in the dose of ¼ *varagan* (1 *varagan* – 4.2 gm) in morning and evening with pepper decoction for *Gunmam.*

3. Take the following:

Dried Eclipta alba – *Kaiyantha karai*, Garlic (Allium sativum) and Common salt in equal amount. Add equal amount of outer skins of Chebulic myrobalan (Terminalia chebula), dried Emblica fruit (Emblica officinalis) and Belleric myrobalan.

Keep them in an earthen vessel and cover the crucible with the '*Seelai man*'. Calcine the preparation. It is given in optimal doses in morning and evening for *gunmam.*

4. Take

Dried Ginger	– 35 gm (1 *palam*)
Pepper	– 35 gm
Long pepper (Piper longum)	– 35 gm
Nut meg (Myristria officinalis)	– 35 gm and
Cinnamom Cassia inner bark	– 35 gm

Ajowan Seeds – Omam	– 70 gm (2 *palam*)
Rock Salt (Induppu)	– 70 gm
Potassium nitrate (Salt petre)	– 70 gm
Ammonium chloride Salt	– 70 gm
Garlic (Allium sativum)	– 105 gm (3 *palam*)
Mustard (Brassica juncea)	– 105 gm
Fried Asafoetida (Ferula asafoetida)	– 105 gm
Trianthema decandra root Saranai ver	– 105 gm
Plumbago zeylanica root bark *Kodiveli verpattai*	– 105 gm
Chebulic myrobalan outer skin (Terminalia chebula)	– 525 gm (15 *palam*)

Triturate them well and add Common milk hedge (Euphorbia nerifolia) milky juice – 1 *padi* and

Goat's Urine – 4 *padi*

Mix them well and allow it to dry. Then powder them. Keep the powder preparation in partially (or insert) covered Indian wild gourd (Citrullus colocynthis).

Then put them in an earthen vessel and cover the vessel with the *'Seelaimann'*. Then calcine or burn the preparation by heating with 100 cow dung cakes. This calcined powder is given in the dose of 1 teaspoonful in morning and evening with honey or ginger juice.

Avoid all the food items other than buttermilk and cooked rice.

Treatment is given for 5 days in a week first and continued for 4 weeks.

Indications :

8 types of *gunmam*

5. Take Citrus aurantium fruit – *Narathankai* and cut it into round pieces. Add adequate amount of salt. Put the mixture in an earthen vessel and add common milk hedge (Euphorbia nerifolia milky juice). Then close the vessel with '*Seelai mann*'. Then bury the vessel under earth. Allow it for 40 days. Then take them out.

Take one piece and cut into two, parts and one part be taken in morning and another part in the evening.

Indication

Gunmam (Ref : Siddha Maruthuvam).

Oil varieties (Ennai types)

1. Ingredients :

The juices of Garlic (Allium sativum)	– 1 *padi*
Five leaved chaste tree (Vitex negundo) – *Nochi*	– 1 *padi*
Spreading hogweed (Boerhaavia diffusa) - *Mukkarattai*	– 1 *padi*
Horse – radish bark wild variety of (Moringa oleifera) – *Kattu murungai pattai*	– 1 *padi*
Traianthema decandra *vellai charanai*	– 1 *padi*
Worm killer (Aristolochia bracteata) – *Aadu theenda palai*	– 1 *padi*
Cleome pentaphylla - *Velai keerai*	– 1 *padi*
Sphaeranthus indicus - *Kottai karanthai*	– 1 *padi*
Thyme leaved gratiola Baccopa monnieri, *pirami*	– 1 *padi*

Goat's milk	– ½ *padi*
Goat's urine	– ½ *padi*
Lemon juice	– ½ *padi*
Sour Citrus aurantium juice Sour Naratham fruit juice	– ½ *padi*
Nymphaea alba juice – *Senkazhuneer kizhangu* juice	– ½ *padi*
Vitis quadrangularis juice *Pirandai juice*	– ½ *padi*
Ghee	– ½ *padi*
Gingelly oil	– ½ *padi*
Castor oil – Citramanakku ennai	– ½ *padi*

Boil this mixture with low heat until it attains certain '*Kuzhambu*' state *(patham)*. Then add the powdered or *chooranam* preparation of the

Dried Ginger (Zingiber officinalis)	– 35 gm (1 *palam*)
Pepper (Piper nigrum)	– 35 gm
Long pepper (Piper longum)	– 35 gm
Chebulic myrobalan (Terminalia chebula)	– 35 gm
Emblica fruits (Emblica officinalis)	– 35 gm
Belleric myrobalan (Terminalia bellerica)	– 35 gm
Costus root (Costus speciosus) – *Koshtam*	– 35 gm
Plumbago zeylanica root bark – *Kodi veli*	– 35 gm
Sage leaved alangium root bark (Alangium lamarckii)	– 35 gm
Clerodendron serratum – *Siru thekku*	– 35 gm
Clove (Eugenia caryophyllata)	– 35 gm
Nut meg (Myristica officinalis)	

Mace (Arillus of the Myristica officinalis)	– 35 gm

Boil the preparation again and get it in '*kadugu*' *patham*. It is given in the dose of ½ teaspoonful in morning for *gunmam*.

2. Take

Garlic juice (Allium sativum)	– 1 *padi*
Colocynth fruit juice (Citrullus colocynthis)	– 1 *padi*
Ghee	– ¼ *padi*
Castor oil	– ¼ *padi*

Boil them well until it attains the *Mezhugu patham*. Then add the powdered or *chooranam* preparations of

Rock salt (Inthuppu)	– 35 gm
Ammonium chloride Salt *(Navacharam)*	– 35 gm
Common Sodium Chloride salt *(Kalluppu)*	– 35 gm
Borax powder	– 35 gm
Pooneeru	– 35 gm
Outer skin of the Chebulic myrobalan (Terminalia chebula)	– 175 gm
Nutmeg (Myristica officinalis)	– 70gm
Mace (Arilus of the Myristica officinalis)	– 70gm
Ceylon leadwort (Plumbago zeylanica)	
Root bark	– 70gm
Fried onion (Allium cepa)	– 70gm

Boil the mixture again and get it in *'Kadugu' patham*. It is given in the dose of pepper size only in the morning. (This is the preparation so called *Kummatti mezhugu'*- pepper size only once in morning to be swallowed with sugar).

3. Ingredients :

Purified Garlic outer skin stalk removed	–	700 gm
Fried Asafoetida (Ferula asafoetida)	–	350 gm
Arum maerorhizon root outer skin removed and dried – *Merugan kizhangu*	–	175 gm
Plumbago zeylanica root bark	–	87.5 gm
Bonduc nut (Caesalpinia banduccla)	–	35 gm
Rock salt *(Inthuppu)*	–	17.5 gm
Common salt *(Kalluppu)*	–	17.5 gm
Valaialuppu	–	17.5 gm

Triturate them well and add castor oil – 1 *padi*, cow's ghee – 1 *padi*. Boil them until it gets the *kadugu patham*. Then mix them well. It is given in the dose of 1 teaspoonful in morning and evening for *Gunma noi*. (Ref : Siddha Maruthuvam).

Legiyam varieties

1. *Gunma Kudori :* (Siddha Vaidya Thirattu)

It is given in the dose of Solanum torvum size *sundaikkai* size in morning and evening time with butter milk or warm water for dysmenorrhoea, *Gunmam, Pitha vayu*, flatulence *(Maantham)* and indigestion *(Ajeeranam)*.

2. Another preparation : *Injee pirandai Legiyam*

Take the ginger and remove the outer skin and cut into pieces. Fry the pieces with Ghee and powder them. Collect the powder – 700 gm (20 *palam*) the powdered preparation of the isolated and dried Vitis quandrangularis *pirandai* which had been soaked in butter milk for a while – 350 gm (10 *palam*)

Coriander Seeds (Coriandrum sativum)	–	35 gm
Cumin Seeds (Cuminum cyminum)	–	35 gm

Clerodendron serratum – *Ciru Thekku*	– 35 gm
Lesser Galangal (Alpinia galangal) – *Citrarathai*	– 35 gm
Aniseeds (Pimpinella anisum)	– 35 gm
Henbane (Hyoscyamus niger)	– 35 gm
Long pepper (Piper longum)	– 35 gm
Pepper (Piper nigrum)	– 35 gm
Powdered palm sugar candy	– 1400 gm
Lemon juice (Citrus acida)	– ½ *padi*
Vinegar	– ½ *padi*
Citrus aurantium – *Kodi narathai*	– ½ *padi*

Boil the liquid preparation first and get it in *'Pagu'* state. Then add the powder preparations and boil again until it gets the *'Legiyam patham'*.

Dose

It is given in the dose of Calophyllum inophyllum fruit size – *Punnai kai* in morning and evening for *Gunmam* and vomiting. It is a specific drug for *Azhal Gunmam.* (Ref : Siddha Maruthuvam).

Note

We can add the ghee and honey in prescribed amount, despite the addition of these ingredients not advised here. (It is purely the author's view).

3. Ingredients

Ricinus communis root – Aamanakku ver	– 70 gm
Euphorbia antiquorum – Triangular spurge root bark – *Tirugukalli ver pattai*	– 70 gm
Thespesia populnea root bark – *Poovarasu ver pattai*	– 70 gm

Plumosu alba root bark – *Perumarathu ver pattai*	– 70 gm
Tinospora cordifolia – *Seenthil thandu*	– 70 gm
Trianthema monogyna – *Saradai ver*	– 70 gm
Bael tree root (Aegle marmelos)	– 70 gm
Withania somnifera - *Amukkara kizhangu*	– 70 gm
Clerodendron serratum – *Siru Thekku*	– 70 gm
and Pavonia zeylanica root – *Citramutti ver*	– 70 gm
Dried Ginger (Zingiber officinalis)	– 35 gm
Long pepper (Piper longum)	– 35 gm
Pepper (Piper nigrum)	– 35 gm
Ceylon leadwort root bark (Plumbago zeylanica)	– 35 "
Solanum xanthocarpum root	– 35 "
Cumin seeds (Cuminum cyminum)	– 35 "
Black Cumin seeds (Nigella sativa)	– 35 "
Sweet fennel (Pimpinella anisum)	– 35 "
Henbane (Hyoscyamus niger)	– 35 "
Cinnamomum cassia	– 35 "
Cinnamomum tamala	– 35 "
Clove (Eugenia caryophyllata)	– 35 "
Hibiscus cannabinus	– 35 "
Dill seeds (Peucedanum graveolens)	– 35 "

Triturate them individually and add 4 padi 5.200 litre water. (1 padi = 1.3 litre) Boil them until it reduces into 1/8 part.

Then add the following:

Vinegar	– 325 ml.

Sour pomegranate juice (Punica granatum)	– 325 "
Oxalis corniculata juice *puliyarai* juice	– 325 "
Ginger juice	– 325 "
Sour Curd	– 325 "
Citrus aurantium juice– –*Naratham* fruit juice	– 325 "
Rice water	– ¼ *padi*
Palm jaggery	– 1400 gm (1 *veesai* –40 *palam*)

Boil them well. Allow the jaggery to dissolve and get the preparation in *'pagu'* state. Then add the fried and powdered preparation of

Coriander seeds (Coriandrum sativum)	– 35 gm (1 *palam*)
Root of the Long pepper (Piper longum)	– 35 "
Scindapsus officinalis	– 35 "
White pepper	– 35 "
Saraca indica bark	– 35 "
Lodh tree bark (Symplocos racemosa)	– 35 "
Indian beech bark (Pongamia glabra)	– 35 "
Vitis quadrangularis	– 35 "
And Ferula asafoeṭida	– 35 "
Flour of the Black gram (Phaseolus roxburghii)	– 336 ml.
Wheat Flour (Triticum Vulgare)	– 336 ml.
Horse gram (Dolichos biflorus) flour	– 336 ml.
Gingelly seeds powder (Sesamum indicum)	– 163 ml.

and the fried and powdered preparation of asafoetida (Ferula asafoetida) – 163 ml.

(1 padi – 1.3 litre)

Mix them well and get the preparation at the *'Legiyam patham'*. Add ghee and honey in the amount of 336 ml. and 168 ml respectively.

Dose

It is given in the dose of Calophyllum inophyllum fruit size – *(punnai kai)* in morning and evening for *gunma noi*. (Ref : Siddha Maruthuvam).

4. ***Andalegiyam*** **(Traditional process)**

Ingredients:

Lemon fruits	– 25 Nos.
Egg (Hen)	– 25 Nos.
Cumin seeds (Cuminum cyminum)	– 875 gm.
Aniseeds (Pimpinella anisum)	– 875 gm.
Sugar	– 875 gm.
Ghee	– 184 gm.
Honey	– 184 gm.

Preparation

Collect the egg white and add lemon juice and sugar. Boil this mixture until it gets the *'Pagu' patham*. Then add the fried and powdered preparations of cumin seeds (Cuminum cyminum), ani seeds (Pimpinella anisum seeds) – soambu. Also add Ghee. Then put off the preparation from the oven and add honey. Mix this preparation well and keep it in an air tight container.

Dose

It is given in the dose of bonduc nut size – *kazharchi kai* in morning and evening, before taking meals for any kind of *gunma*

noi. The two weeks treatment is enough. It also cures the abdominal pain alleviates the warm sensation *(ushnam).*

It improves appetite. It is a very experienced medicine for *gunma noi*. It could be practiced by anyone without resistance.

Note

Gastric troubles such as peptic ulcer, duodenal ulcer and chronic appendicitis etc. are sure to be responded successfully when this *anda legiyam* is administered under liquid diet. No need for surgery. Siddha physicians can definitely challenge these cases to be cured with this *legiyam* without operation. It is worth while trying this *legiyam* before operations are undertaken in these cases. A combination of *Silajit parpam* No.1 and *Sangu parpam* No. 4 (of S.R. Pharam) of each one or two pinches may be added to the *legiyam* and taken twice a day. This process hastens recovery of the above abdominal ailments.

5. *Gunma Legiyam* (Traditional process)

Ingredients:

Clove *chooranam* (Eugenia caryophyllata)	– 175 gm.
Chooranam preparation of fried Ajowan seeds (Ptychotis ajowan)	– 175 gm.
Chooranam preparation of Aconitum heterophyllum – *Athividayam*	– 175 gm.
Chooranam preparation of Chebulic myrobalan galls (Terminalia chebula)	– 175 gm.
Chooranam preparation of chebulic myrobalan unripe fruits	– 175 gm.
Powdered Rock salt (Inthuppu)	– 87.5 gm
Powdered preparation of fried Asafoetida with ghee	– 87.5 gm.

Triturate of Murraya koenigii – *pachai karuvepilai* in the dose of small mango size.

Mix the preparations well and add 1½ - 2 (1950 - 2600 Litre) of cow's butter milk. Boil this preparation until it gets the *'Legiyam patham'*. Keep the preparation in an air–tight container. which is called *'Karuveppilai Legiyam'*.

Dose

It is given in the dose of ½ to 1 *thola* in morning and evening with buttermilk or warm water for peptic ulcer (*Gunma noi*), abdominal pain *(Vayitru vali)* or borborygmus, eructation, indigestion and dysentery. It has been proven by experience (S.R. Pharma). Sugar may also be added if the condition needs. (Also useful in diabetics and stomach troubles).

6. *Nellikkai Legiyam* (Manuscript and Traditional)

It is also called as *Gunma legiyam*. Because it also acts well in the case of peptic ulcer like *Anda legiyam.*

Ingredients

i)	Emblica fruits (Emblica officinalis)	– 12 *padi* (15.600 litre)
ii)	Cow's ghee	– 650 ml.
iii)	Gingelly oil	– 325 ml.
iv)	Sugar	– 6 *veesai* (8.400 Kg.)
v)	Dried Ginger powder	– 72 gm
vi)	Pepper (Piper nigrum)	– "
vii)	Long Pepper (Piper longum)	– "
viii)	Root of the Long pepper	– "
ix)	Ajowan seeds (Ptychotis ajowan)	– "
x)	Cumin seeds (Cuminum cyminum)	– "

xi)	Clove (Eugenia caryophyllata)	– ”
xii)	Cardamom seeds (Elettaria cardamomum)	– ”
xiii)	*Thakkolam*	– ”
xiv)	Coriander Seeds (Coriandrum sativum)	– ”
xv)	The flour of the Malabar arrow root (Curcuma angustifolia)	– ”
xvi)	Indian Liquorice (Glycyrrhiza glabra)	– ”
xvii)	Embelia ribes (Vayu vidangam)	– ”
xviii)	Cow's Ghee	– 325 ml
xix)	Good quality of Honey	– 650 ml

Preparation

Put the Emblica fruits in an earthen vessel and add 30 *padi* (39 Litre) water. Boil the fruits. Then remove the Emblica fruit seeds and the fibres. Rub the remaining flesh of the Emblica fruits well and filter it. Collect the butter like Emblica fruits flesh and burn it until it loses the moisture. Then add ghee and gingelly oil, mix them well.

Prepare the *'pagu'* (sweet syrup) by boiling the sugar with the above boiled water of Emblica fruits. Then mix the Emblica fruits, ghee and gingelly oil mixture and the *Chooranam* preparations said above.

Prepare the *legiyam* by adding the ghee as per procedure. Put off the *legiyam* from the oven and allow it to cool. Then add honey. Keep this preparation in an air-tight container.

Dose

It is given in the dose of 6 to 12 gm in morning and evening for *gunma noi*. It may be taken with the No. 1 *Karpoora Silajit parpam* or No.2 preparation of *Sangu*

parpam and the No.4 *Annabedi Chendooram* mixture in the dose of two pinch in morning and evening for *gunma noi*.

This *Legiyam* preparation be also taken as an adjuvant with some preparations like *Tambira parpam* or *chendooram.*

Besides these, it also cures the *Vayittru vali, Vayu,* Borborygmus *(Porumal),* dysentery, syphilis *(Mega noi)*, *atthi suram, uazhalai,* cough, asthma, tuberculosis, bronchial asthma and burning sensations in upper lower limbs.

This *legiyam* is also worth while trying in the cases of peptic ulcer, duodenal ulcer and appendicitis etc. If it is taken before operations are undertaken, several cases have been cured without operation by using the above *parpams* and *legiyams.*

***Injee Rasayanam* (Manuscript)**

Take 650 ml. lemon juice. Add Rock salt – 1 *palam* – 35 gm and the 350 gm of purified ginger (Zingiber officinalis) outer skin removed pieces. Allow the pieces to soak in lemon juice mixture for 3 days. Then dry and triturate them well and filter.

Add the powder preparation of

Costus root (Costus speciosus) – *Koshtam*	–	4.4 gm.
Asafoetida (Ferula asafoetida)	–	”
Indian atees (Aconitum heterophyllum)	–	”
Smilax chinensis bark – *Parangi pattai*	–	2.2 gm.
Ceylon leadwort (Plumbago zeylanica) root bark –*Kodiveli verpattai*	–	”
Dried Ginger (Zingiber officinalis)	–	8.75 gm.
Pepper (Piper nigrum)	–	”
Long pepper (Piper longum)	–	”
Chebulic myrobalan (Terminalia chebula)	–	”

Belleric myrobalan (Terminalia bellerica)	–	8.75 gm.
Dried Emblica fruits	–	”
Root (Anacyclus pyrethrum)	–	”
Coriander seeds (Coriandrum sativum)	–	”
Ajowan seeds (Ptychotis ajowan) – *Omam*	–	”
Galls (Rhus succedanea)	–	”
Abies webbiana	–	”
Cumin seeds (Cuminum cyminum)	–	8.75 gm.
Dill seeds (Peucedanum graveolens)	–	”
Magarapoo	–	8.75 gm.
Indian liquorice (Glycyrrhiza glabra)	–	”
Komanuppu	–	”
Pottuluppu	–	”
Clove (Eugenia caryophyllata)	–	”
Cinnamomum cassia inner bark	–	”
Cinnamomum tamala leaves	–	”

Mix them well and add honey – 325 ml and cow's ghee 325 ml. Then stir the mixture well. It is given in the dose of Emblica fruit size in morning and evening for 40 days.

Indications

Ashta gunmam (Eight varieties of Gunmam), epigarstric burning sensation (Epigastric tenderness), vomiting, hyper peristalsis, tremors, diarrhoea, borborygmi, Headache *(mandai kuthu)*, bilious palpitation *(pitha padapadappu)*, sialorrhoea, colic pain *(vilakuthu)*, *ruthra vayu*, indigestion, *abhana kaduppu*, gastritis *(porumal)* and upper lower limbs fatigue.

Tablets Varieties

1. *Thambira parpathi* Tablet : (Siddha Maruthuvam)

Ingredients

Copper parpam *(Sembu parpam)*	–	35 gm
Cinnabar or Vermilion – Red Sulphide of Mercury *(Lingam)*	–	35 "
Yellow orpiment *(Thalagam)* – Arsenic trisulphide	–	35 "
Ammonium chloride *(Navacharam)*	–	35 "
Burnt ash of Sweet flag Acorus calamus	–	35 "
Powdered preparation of Embelia ribes	–	17.5 "
Dried Ginger (Zingiber officinalis)	–	17.5 "
Pepper (Piper nigrum)	–	17.5 gm
Long pepper (Piper longum)	–	17.5 "
Asafoetida (Ferula asafoetida)	–	17.5 "

Take all the ingredients in the required quantity and triturate them with Ceylon leadwort juice (Plumbago zeylanica), sour Punica granatum (Pomegranate) and juice Citrus medica lumina juice individually for 2 days. Collect the final triturated matter and make them into pills in the size of wild liquorice (Abrus precatorius) seed size. Then allow them to dry in the shade place.

Dose

One pill is given twice a day for the *Vali Gunmam* and *Vanthi gunmam.* (Ref : Siddha Maruthuvam).

2. *Rasaparpathi* Tablet

Take the purified mercury 35 gm and triturate it with Gloriosa superba juice – *Kanthal kizhangu* for 10 days. Then triturate this product with the leaf juice of teak tree (Tectona grandis) and flower juice of *Kodumbai* and Ocimum sanctum juice

individually. Then collect the final triturated matter and allow it to dry in the shady place. Then add equal amount of fresh Gloriosa superba tuber and again triturate them well until it gets less moisture. Collect the triturated matter. Keep the mercury cakes in the middle of the triturated matter and make it be covered. Allow it to dry. Calcine the triturated matter by the method of *'Manal Maraivu Pudam'* with 20 cow-dung cakes. Repeat the calcination process four times. The final product is the Mercury *Parpam.* Add equal amount of purified purgative Croton (Croton tiglium), Ajowan seeds (Ptychotis ajowan), Cumin seeds (Cuminum cyminum) Nutmeg (Myristica officinalis), Cinnamomum cassia inner barks and Oak galls (Quercus infectoria).

Triturate the mixture with Mimosa dulcis water (Manilla tamarind water – latex in which the Manilla tamarind soaked for a while) for four days. Make the triturated matter into pills in the size of wild liquorice seeds (Abrus precatorius) and dry in a shady place.

One tablet is given twice a day with ginger juice for *Azhal gunmam* and *Soolai gunmam.* Treatment should be given only according to the patient's condition and severity of the disease.

Avoid salty substances. (Ref : Siddha Maruthuvam).

MEZHUGU VARIETIES

1. *Gunma Kudori Mezhugu* : (Kannusamiyam)

Take Corrosive sublimate – *Veeram* (Hydrargyrum perchloride) – 35 gm. Purify the *Veeram* first. Keep the Veeram in an earthen vessel and heat with little fire. Add the Calotropis leaf juice (Calotropis gigantea) drop by drop on the *Veeram.* (It will evaporate instantaneously due to the heat of Veeram). Continue the drop by drop addition of Calotropis juice for 3 hours. (i.e. until the Veeram melts).

Now add the Nitrate of Silver in the amount of 4.2 gm (1 Varagan). Repeat the same process of *"Surukku"* for 3 hours, until the product gets the *Mezhugu patham*. Collect the end product and triturate it with breast milk for 12 hours. Keep this Mezhugu preparation in an air – tight container. This preparation should be kept for 6 months without use.

After 6 months, it will be given in the dose of green gram size – (Pachai payaru) in morning and evening with palm jaggery for 3 days. It may cause vomiting to some persons initially. But it will disappear spontaneously. Watch the patient whether he got the Erythematic lesion (mouth *vekkadu*) due to drug toxicity. If it is found, the medicine should be with drawn. Treatment may be restored after 10 days and continued with regular intervals.

Diet Restriction

Milk porridge is good. *Ichapathyam* should be followed (without tamarind). It is very good medicine for gunma noi. It may be useful even for the 'Asathiyam' cases. This is worth – while trying in cases of peptic ulcer, Duodenal ulcer, Appendicitis and the Carcinoma of gastro intestinal tract. Drugs should be given only according to the patient's condition and the disease severity.

2. Veera Mezhugu : (Another preparation) – Manuscript

Take the following:

Peyan Bananas	– 25 Nos.
Country Fig bark – green and (Ficus glomerata) fresh	– 1 handful amount
Powdered Borax	– 17.5 gm
Bran	– 1 handful quantity

Mix them well and keep them in a clean cloth. Then tie them and allow it to hang down. (Keep a vessel under the hanging

drugs mixture). Wait for 6 hours. Then squeeze the mixture and extract the jucie. This juice, which is called as *"Vazhaipazha Ceya Neer"*.

Take the purified *Veeram* – Corrosive sublimate (Hydrargyrum perchloride) and heat it with little fire. Add the *"Vazhai pazha Ceya Neer"* drop by drop and do the *"Surukku"* process. Continue the process until it gets melted. Then collect the *Veeram* and triturate them with breastmilk for 12 hours. Keep the triturated mixture in an air-tight container. If the preparation is so liquid, one may add little amount of dried ginger, pepper and long pepper powder – *Tirikadugu* powder.

The drug is given in the dose of mustard size in morning and evening for three days.

This *mezhugu* preparation could also be kept for 6 months and then used.

The diet restriction, indications said in the above preparation are also applicable to this *mezhugu* preparation too. It has been proven by experience.

3. *Gunma Kudori Legiyam* – Another preparation
(Ref. : Sikitcha Rathna Deepam)

Take the following:

Palm jaggery	– 350 gm
Ammonium chloride (Navacharam)	– 35 "
Onion (Allium cepa)	– 35 "
Valaiyaluppu (a kind of Salt extracted from fuller's earth)	– 35 "
Potassium nitrate	– 35 "
Rock Salt (Inthuppu)	– 35 "
Common Salt	– 35 "

Purified *Pooneeru*	– 35 "
Crude Camphor	– 35 "
Goat's urine	– 650 ml.

Preparation

Mix the palm jaggery and filtered goat's urine. Then boil them with little fire and get this preparation in the *pagu* state. Then add other powdered ingredients and get the preparation as *legiyam*. Allow the preparation to cool. Then add honey and triturate them well until it gets *mezhugu patham*. Keep the preparation in an air – tight container.

Uses

It is given in the dose of Solanum torvum fruit size – *sundaikai* size in morning and evening times with or without *soothaga parpam* for *Vali Gunmam, Sathi Gunmam,* Indigestion and Abdominal Flatulence. Diet Restriction : *Icha pathiyam.*

4. Sowbaghya Chundi (Sikitcha Rathna Deepam)

Take the following :

Cow's milk	– 2 .600 litre
Sugar ½ veesai	– 700 gm
Dried Ginger	– 280 "
Staff tree (Celastrus paniculata) seeds	– 35 "
Ajowan seeds (Ptychotis ajowan)	– 35 "
Embelia	– 35 "
Long pepper (Piper longum)	– 35 "
Pepper (Piper nigrum)	– 35 "
Cardamom seeds (Elettaria cardamomum)	– 35 "
Eclipta alba	– 35 "

Dill seeds (Peucedanum graveolens)	– 35 "
Coriander seeds (Coriandrum sativum)	– 35 "

Preparation

First take the cow's milk and boil it. Add the purified sugar and prepare *'pagu'* (with little fire). At the stage of attaining pagu add the *Chooranam* of the other ingredients. Mix them and prepare *legiyam* as per the procedure. Add ghee and honey in required quantity.

Uses

It is given in the dose of Solanum torvum fruits size twice a day in daily for *gunmam, vali, soothaga vayu,* abdominal flatulence *(Vayithuppusam)* and indigestion.

5. For the Eight varieties of *Gunma Noi*

The triturated matter of Trianthema monogyna root – *Mookarai charanai ver* with cow's milk is given twice a day mixed with milk for the eight types of *Gunma Noi*. Treatment has to be given for one *mandalam.* (48 days). It also postpones the ageing milestones like greyness of hair and wrinkling of skin.

It gives masculine nature and improves vision power.

7. Decoction preparation for Gunmam, Vomiting, Eructation and Sialorrhoea. (Old Manuscript)

Take the following:

Cardamom seeds (Eletteria cardamomum)	– 87.5 gm
Dried Emblica fruits (Emblica officinalis)	– 87.5 "
Green gram (Phaselous mungo)	– 87.5 "
Pepper (Piper nigrum)	– 87.5 "

Fried paddy – 87.5 ”

Bael root (Aegle marmelos) – 87.5 ”

Powder them well. Take half part of the powder and add 2 Nos. tender coconut water – Boil them well until it reduces into 1/8 part. Then filter. It is given one time (morning) only for vomiting, eructation, sialorrhoea, borborygmi, indigestion and anorexia. Use the remaining part for the evening dose. Treatment should be continued for 12 times (or 6 days).

Diet restrictions

Salted Dhal, Cow's butter, Warm water, Solanum trilobatum – *Thoothuvalai,* Alternanthera sessilis – *Ponnankanni,* Wood apple (Feronia elephantum) Emblica fruit (Emblica officinalis), Cow's ghee and honey. Avoid sour substances. The head – bath should be taken on seventh day and from the eighth day, the sour substances may be added. (Manuscript). This is worth while trying in peptic ulcer, duodenal ulcer, appendicitis and carcinoma of the gastro intestional tract.

Parpam Chendooram

1. *Gunma Kalan* alias *Sembu parpam*

It is given in the dose of one grain in morning and evening with honey. This medicine is usually accompanied by the decoction of nutmeg (Myristica officinalis) for all the eight types of the *Gunmam*. (This is worth while trying in the cases of peptic ulcer, duodenal ulcer, appendicitis and carcinoma of the gastro intestinal tract).

This *parpam* may also be given with *sangu parpam* and *uppu chendooram.*

Diet restriction

Avoid sour substances and give easily digestable diet.

N.B.

You can also give *Drakshathi kudineer* mentioned under item 22 of *Vanthi Noi* as adjuvant *(anubhanam)* in all *Gunmam* diseases, particularly for *Sathi Gunmam, Pitha Gunmam* and *Eri Gunmam.*

2. According to the Theran Maruthu Bharatham

Copper *(Sembu) parpam* and chendooram are given as direct medicine for *Vatha gunmam* with nut meg (Myristica officinalis) decoction.

Rasam

Here the *Vatha Gunmam*, *Sembu Parpam* and Myristica officinalis decoction are comparatively said as *Karnan, Archunan* and *Thustathooiman* respectively who were the characters of Maha Bharath Epic.

What actually it means is, the *Sembu Parpam* will cure the *Vatha Gunmam* with the help of Myristica officinalis decoction (adjuvant) like *Archunan* killed *Karnan* with the help of *Thustathooiman* of 16th, 17th days of *Bharatha* war. *Vatha Gunmam* usually follows the Vatha Suram.

The duration for *Beeshma Vatha Suram* is 10 days. After 10 days the *Vatha suram* will be relieved. (The suram is called as *Beeshma Vatha Suram* since *Beeshmar* was killed by *Arcchunan* on the 10th day of the *Bharatha* war within five days, from the 11th day, *Thuronar* was died.

During 16th and 17th days *Karnan* was killed.

Karnan is compared as *Vatha Gunmam.*

So Sembu *parpam* is the direct medicine for *Vatha Gunmam* as *Archunan* killed (*Sembuparpam*) human in the Bharatha war. On the 18th day, *Salliyan* was killed in the morning and the *Ehuvothanan* and his angry was destroyed in the evening.

It pointsout, the *Vatha kapha* diseases will be cured finally.

2. *Rasa parpam Karuvanga parpam*
(Parpam preparation of plumbum)

It is given in the dose of one grain in morning and evening for 3 days to 5 days, with *Karpoora Silajit parpam* and *Sangu Parpam*, in the dose of each ½ *chittigai,* with honey for *gunma noi*. The *legiyam,* and *kudineer* preparations said above, may be used as adjuvants.

Diet restrictions

Milk porridge may be given. Treatment may be repeated once or twice after 10 days for 3 to 5 days.

3. *Vellai Padana Parpam*

A preparation of *Vellaipadana parpam* also said for *gunma noi* in Siddha Medicine.

In Siddha Medicine the diet restriction in *gunmam* is well elicited.

The diet should be easily digestible as the *gunmam* affects the stomach, mainly.

Twice boiled rice, fresh green vegetables, tender brinjal, drumstick, ladiesfinger, snake gourd and sponge gourd are advised to eat.

Hardly digestible food items like, coconuts, horsegram, blackgram, meat, rice and later – foods like fish and dried, salted fish should be `avoided.

Rice – gruel (canjee) food or liquid food should be taken if the indigestion presents.

Ginger (Zingiber officinalis), sarasaparilla (Hemidesmus indicus), Vitis quadrangularis, green coriander leaves (Coriandum sativum) and Mentha arvensis (mint), marsh mint may be used as

'*Thuvaiyal* (Sauce like dish) (without adding chilly) and pickles may also be added in little amounts.

***Gunma Noi Harangal* (Drugs for *Gunma Noi*)**
(Vaidhya sathagam)

Vitex negundo (Five – leaved chaste tree) Uzhaman (puller's earth). Uzhaman later, Jatropha curcas (Angular – leaves physic nut) lesser variety of Arabian Jasmine (Jasminum sambac), greater variety of Jasminum sambac, Murraya koeinigii (curry leaves), Belleric myrobalan, (Terminalia bellerica), Emblica fruits (Emblica officinalis) chebulic myrobalan (Terminalia chebula), Pongamia glabra, *panchalavanam* (*valaiyaluppu, Kalluppu, maravuppu, Amaiuppu, Attuppu*), Dried ginger, Ocimum sanctum (sweet basil), Evatccharam, Ferula asafoetida (Asafoetida), *ottarai.* Saraca Indica bark, Bonduc nut (Caesalphinia bonduc), Raphanus sativus (Indian radish), burnt ashes of Tamarindus indicus (tree outer bark and palmyra flower, Celastrus paniculata seeds, Tinospora cordifolia, lesser varieties of the Colocynth fruits, wide varieties of Erythrina indica, Tender Coconut, Acorus calamus (sweetflag), Solanum xantho carpum, Onion (Allium cepa). Solanum melongena root, Crataeva religiosa (Three – leaved caper) bark, pomegranate (Punica granatum), margosa leaves (Azadiracta Indica), Citrus aurantium, Euphorbia antiquorum (Triangular spurge), *sathiccharam* (a prepared and salt divided by filtering a boied solution of a mixture consisting of nitre, fuller's earth salt ammoniac, and common salt Cleome pentaphylla, Cedrus deodara (Pinus deodara, Himalayan cedar), Aegle marmelos (Bael tree), cumin seeds (Cuminium cyminum), Clerodendron phlomodes, Stereospermum chelonoides root, root of the long pepper plant (Piper longum) Plumbago zeylanica (Ceylon leadwort). Root of the Pepper plant (Pipper nigrum) Long pepper, Oxalis corniculata (Indian Sorrel), Tribulus terrestris (Small caltrops) root, Black cumin seeds (Nigella sativa) Trianthema monogyna leaves, Boerhaavia diffusa (spreading hog-weed), root,

gingelly oil (Sesamum indicum) Curcuma angustifolia (curcuma starch, East Indian arrow root), cow's milk, Tamarind (Tamarindus indicus), Amorphophallus campanulatus (Elephant's foot) yam, Acalypha indica, Decoction preparation of horse gram, castor oil (Ricinus communis), and Gmelina arborea root are the useful drugs for *gunmam,* and spleen disorders.

Drugs for *Rattha Gunmam*, *Sakthi Gunmam*

Pongamia glabra root (Indian beech tree-root). Saraca indica bark, Solanum melongena (Egg-plant) root, Solanum xanthocarpum, Plumbago zeylanica (Ceylon leadwort) Trianthema monogyna, Boerhaavia diffusa (spreading hog-weed) Dolichos – biflorus (Horse – gram), Allium sativum (Garlic), Sesamum indicum, Gingelly seeds, Ferula asafoetida, Erythrina indica (Indian coral tree) leaves, Erythrina Indica barks, wild varieties of Erythrina indica bark burnt ash, and Navatccharam are the drugs given for *Rattha Gunmam* and *Sakthi Gunmum.*

Some instructions of *Gunmam* treatment

1. By giving purgatives

Purgatives are given not only for constipation and also for peptic ulcer, *Vellai ennai, Kazharchi Ennai, Vatha Nasa Ennai, Siddhathi ennai, Meganatha ennai, Kalingathi ennai* any one of these can be given, as optimal single dose for one to three days. Follow diet restriction, with milk and gruel food may be given.

2. For the expulsion of gases and for the (carminatives) Stimulation of appetite (appetizer)

Trikadugu legiyam, Vilvathi legiyam, Anda Legiyam, Gunma kudori legiyam, kandathri legiyam (Injee legiyam) Pancha deepakkini legiyam or *chooranam, Narattham pazha legiyam, Kesari legiyam, saradai legiyam, Asta deepakini chooranam, Mantharagu chooranam, Kariveppilai*

chooranam, *Kariveppilai legiyam* and *Nellikkai legiyam*, any one of these be given in opotimal dose with suitable adjuvants in morning and evening.

3. General medicines for *Ashta gunmam*
(Eight types of Gunmam)

1. *Thambira parpam* (copper *parpam*), *chunnam* and *chendooram* preparations, are given in the dose of one grain in morning and evening with Myristica officinalis (nutmeg) decoction.

2. *Rasa* mercury *parpam chunnam* preparations are given in one grain dose, in the *palm* jaggery in morning and evening for 3 days.

Treatment may also be continued for 3 days after a gap of 10 days.

3. *Karuvanga* (Plumbum) *parpam* or *Thiruvanga parpam* is given in the dose of one grain in morning and evening with *Trikadugu* and honey mixture.

4. *Kenthi parpam* (Sulphur *parpam*) and *chunnam* preparations are given in the dose of 130 mg to 260 mg with *Trikadugu* - honey mixture in morning and evening.

5. *Ganthaga Sudar Thailam* is given in the dose of 5-15 drops in morning and evening with sugar.

6. *Poora parpam*, *Poorakattu parpam* are given in the dose of one or two grains, in morning and evening with *Trikadugu* honey mixture.

7. Take *Sandarasa parpam*, *Saathilinga parpam*, *Sayarasa parpam*, *Seena Rasa parpam* - any one of these be given in one or two grains dose, with palm jaggery, in morning and evening for 3 days. Treatment will be continued for 3 more days after 10 days interval.

8. *Thurusu parpam, chunnam, chendooram* - any one of these preparation be given in one grain dose in morning and evening with *Trikadugu* - honey mixture.

9. *Savveera parpam* (Brahamasthram, vide S.R. Pharma) is given, with palm jaggery in morning and evening for 3 days.

Treatment will be continued for 3 more days after 10 days of interval.

10. *Veera Mezhugu,* and *Veera chendooram* are given in appropriate doses, with palm jaggery and *Trikadugu* - honey mixture in morning and evening for 3 days.

11. The mixture of *Sangu parpam* – No-4, *Silajit parpam.* No-1, *Annabedhi chendooram, Uppu chendooram* each in their appropriate optional doses, and little bit of *manthavayu chooranam* is given, with honey twice a day for 7 days for all kinds of *Gunma noi.*

    It has been proven by experience.

12. *Suyamakkini chendooram* (S.R. Pharma) is given in the dose of 1 to 2 grains, in morning and evening with *Trikadugu manthavayu chooranam* and honey mixture for *gunma noi.*

13. *Nava Uppu Chunnam, Ainthuppu* (Five salts) *chunnam, Uppu chendooram, Uppu kattu* and *uppu parpam* any one of these be given with *mantharaya, panccha theepakkni chooranam*, honey mixture twice a day. (S.R. Pharma).

14. *Ciru kadai eragu parpam, Kilinjal parpam, Velli parpam, Palakarai parpam, Muthu parpam* and *Savarkkara chunnam* are given individually, or combine in appropriate optional doses for *Gunma Noi.* Follow the appropriate diet restriction (S.R. Pharma).

15. *Kummattiyuppu Chooranam*, ghee, ennei (oil), *mezhugu* and *kuzhambu*, any one of these be given in appropriate dose for *Gunma Noi*.

16. *Nayuruvi Uppathi Kuzhambu*

It is given in the dose of 130 mg to 2.6 gm, with 130 mg to 384 mg of *Tambira parpam* and sugar twice a day for 23 days.

It is indicated for *Gunmam* and *Vayu* (Ref. : Siddha Vaidya Thirattu - SVT).

17. *Panccha Sootha Mezhugu*

It is given in the dose of 60 mg twice a day inserted in palm jaggery, with the Vitis quadrangularis decoction for the eight type of *Gunma Noi*. It is considered as a very potent medicine. So it is also given for some dangerous diseases with suitable adjuvants.

18. *Gunma Kudori Legiyam*

(It is reminded once again here) It is given in the dose of Solanum torvum fruit size in morning and evening with buttermilk and warmwater for *Gunma Noi*.

It also cures dysmenorrhoea, orchitis, *pithavayu, mantham,* flatulence and indigestion.

19. Decoction for Nausea, Vomiting, Eructation, abdominal colic and indigestion

Take *Inthuppu* (Rock salt) and grind it with water. The ground matter is used to cover over the Acorus calamus piece. Then allow them to dry. Burn them by heat to ashes. Add cardamom seeds (Elettaria cardamomum) dried ginger (Zingiber officinalis), Pepper in equal amount and 1 *padi* of water. Boil them until it reduces into ¼ part and then filter. Add little bit of sugar and give twice a day for the diseases said above.

20. ***Vayitru Noi Nivarani*** **and** ***Pacchai Karpoora chooranam***

Take, the following:

(i)	Dried Ginger *chooranam* (outer skin removed)	
(ii)	*Chooranam* preparation of fried	– 1 part
(iii)	Cardamom seeds	– ½ part
(iv)	crude camphor	– ¼ part

Mix them well and the mixture is given in the dose of one *varagan* (4.2 gm) with equal amount of sugar in morning and evening with honey for abdominal colic, *pithavayu,* vomiting, hiccup, indigestion, *vellokkalam* (nausea), and chest diseases (Manuscript, very useful medicine)

21. ***Aya veera chendooram*** **– For** ***vali Gunmam***

It is also called as *Ayachendooram.*

(Manuscript – Yugi Muni Vadha vaidhyam)

Take purified Iron powder and purified corrosive sublimate in equal amount. Mix them well and grind the mixture with *Vediuppu thiravagam* or water for 2 days. Then collect the ground matter and make them into light pills. Then allow them to dry under sunlight. Put the pills in the crucible and cover the crucible with 7 layers of mudcloth.

Burn the crucible in the *Vattaduppu* (a kind of oven) from 8.00 A.M. to 8.00 P.M. for 3 days. Keep the crucible in the firing coals every day. The first day, the fire should be moderate (obtained by burning a fuel of two fingers' thickness), on second day and third day, the fire should be big (4 or 5 pieces of fuel each of 2 fingers lid the configuration). Then collect the burnt matter and keep them in an air – tight container. It is given in the dose of 1 grain with *Trikadugu* with honey mixture twice a day for the *vali Gunmam.*

Indications

The same indications as for *Ayaveera chendooram.* (S.R. Pharma).

22. *Kalluppu chunnam* for *Vali Gunmam*

(Manuscript – Yoogimuni vadha vaidhyam)

Take *kadal nurai* a sea matter, (one of the 120 kinds of natural substances) and *Chotruppu* (common table salt) in equal amount. Grind them well and put them in a crucible. Then calcine the preparation as per procedure collect the burnt matter and add *Linga Kattuchendooram* and mix them well. It is given in the dose of 130 mg 260 mg with *Trikadugu,* honey mixture in morning and evening for *Vali Gunmam.*(S.R. Pharma).

23. Decoction preparation for *Gunmam*, Vomiting, Sialorrhoea and Eructation

(Theraiyar Vaidhyam – 1500 – page – 69)

Take cardamom seeds (Elettaria cardamomum) Indian gooseberry (Phyllanthus emblica), fried paddy, Phaseolus mungo (green gram) and Aegle marmelos (Bael fruit – tree) – root each of one palam, powder them well and grind them with tender coconut water. Collect the ground matter and add cow's urine 1 padi. Boil them until it reduces into ¼ part. Then filter, it is given in the dose of 2 ounces in morning and evening for 46 days.

It is given for *gunmam* (Peptic ulcer), vomiting, sialorrhoea and eructation.

Diet restriction

Cajanus indicus (Pigeon pea), Phaseolus mungo (green gram), cow's milk, warm water, Solanum trilobatum and Alternanthera sessilis are advised to be taken.

24. *Uppu Chendooram* : It is an appropriate drug for the eight types of *gunmam* (Refer: page – 61, Theraiyar Vaidhyam – 1500)

Take the common salt in required quantity and grind it, with Colocynthis fruit juice (Citrullus colocynthis) for 2 days. Put the ground matter in a crucible and close it with a seven layers of mud cloth *(Seelaiman).* Then calcine the preparation by *muzha pudam* method. Calcination method using cow during cakes in a measure of 1½′ × 1½′ sq.ft. Collect the calcined *chendooram* preparation. It is given in the dose of 130 mg to 260 mg, in serted in the palm jaggery twice a day for *gunma noi*.

25. *Uppu Chendooram*

(Another preparation page 143, 144, S.V.T). It is given in the dose of 130 mg with *Trikadugu* - honey mixture in twice a day for eight types of *gunma noi*, heart colic pain and for dysmenorrhoea.

26. *Karunkozhi chooranam* for all kinds of *Gunmam*

Take a black fowl and remove its intestines, head skin and hair. Keep the ground matter of asafoetida (Ferula asafoetida), common mustard (Brassica juncea), and its (Pipper longum) and its – root, dried ginger, (Zingiber officinalis), pepper (Piper nigrum), Rock salt (Inthuppu), Black cumin seeds (Nigella sativa), ajowan seeds (Ptychotis ajowan), fried borax, Alum, and fuller's earth *(Savakkaram)* each of 3 *varagan* (1 *varagan* 4.2 gm) weight and the root of Boerrhavia repens alias Boerrhavia procumbens, Euphorbia antiquorum (Triangular spurge) – root bark each of 1 *palam* (35 gm).

Add Dolichos biflorus boiled water –2 *padi*, (2.6 litre) lesser varieties of Leucus aspera juice 1 *padi* close the vessel with '*seelaiman*'. Boil them until the water completely evaporates.

Then collect the products and remove the bones. Powder the other ingredients and this powder is given in the dose of one pinch in morning and evening with honey for all kinds of *gunmam* (Practical pocket Vaidyam)

27. *Vilva Ver Kudineer* (The decoction preparation of Aegle mermelos root)

Take Aegle marmelos root (Bael fruit tree root), Jasminum trichotomum (Jasmine creeper) root, dried ginger (Zingiber officinalis), cardamom seeds (Elettaria caradamomum), Phaseolus mungo (Green gram) and kernel of Emblica fruits (Phyllanthus emblica) each of 8.75 gm. Pound them well and add 1 *padi* water. Boil them until it reduces into 1/8 part.

It is given in morning and evening for 3 days (6 times totally). It is indicated for *pitha gunmam*. (Practical pocket medicine)

28. *'Nava Uppu Mezhugu'* is given in the dose of 130 mg in morning time only for one to three days. It is given especially for laxative and anti – smasmodic purposes. (Constipation and colic pain cases) (For the preparation, please refer to S.V.T).

29. *'Kummatti kuzhambu'* is also given in the dose of 130 mg for *Gunma Noi* (SVT).

30. *Thalisathi chooranam* is given in the dose of 1 gm in morning and evening with honey or with other adjuvants some other *parpa chendooram* preparation honey mixture for *eri gunmam* and *pitha gunmam*. (S.V.T).

31. *Vediuppu Chunnam* for *Gunmam*

Take

Vediuppu	– 10 gm
Padikaram (Alum)	– 2 gm.
and *Navacharam* – Ammonium chloride)	– 2 ".

Rub them well and mix all. Add 14 gms of Tamarind *(Pazhaya puli)* and pound them nicely in a stone mortar. Then make them into cylindrical pills. Then burn them in a mud vessel (earthern vessel) over coconut dried leaves, fire one by one. Collect all the burnt matter and powder them.

Preserve the *Chunnam* preparation in an air – tight container.

Dose : 5 to 10 grams b.d. with *Thrikadugu chooranam* in equal part water or buttermilk.

Uses : All *gunmams* are relieved.

32. *Panchapaana Mathirai*

One tablet is given in morning time only for *Akknimantham, Gunmam, Vayu, pitham* and *kiragani* (dysentery).

Preparation

Take Ferula asafoetida (Asafoetida), *Inthuppu* (Rock salt) and long pepper (Piper longum) each of five *palam*, ajowan seeds 70 gm (ptychotis ajowan), Cumin seeds (Cuminum cyminum - 70 gm, Black cumin seeds (Nigella sativa) – 210 gm, pepper (Piper nigrum) – 315 gm and dried ginger – 245 gm. Allow the ingredients to dry, and pound them to powder.

Then grind the powder with lemon juice for a day and make them into Solanum torvum fruit sized pills. Then allow the pills to dry in a shady place. One pill is given in morning time only for the diseases said above (Brahma Ragasiyam – Part – VI).

33. *Bojana Kudori* tablet

One tablet is given in morning time only for *Akkini mantham, Mantham, Gunmam, Vayittru Vali* (Abdominal colic), *Vayu, Pithavayu, Soothaga Vayu* (Dysmenorrhoea) and *Kiragani* (Dysentry).

Preparation

Take dried ginger, (Zingiber officinalis) and asafoetida (Ferula asafoetida) each of 35 gm, Ginger – 70 gm, *Inthuppu* (Rock salt) – 70 gm, cumin seeds (Cuminum cyminum) and pepper (Piper nigrum) in each of 105 gm. Allow the ingredients to dry. Then powder them well. Add lemon juice in adequate amount, and grind

them for a day. Make the grind matter into Solanum torvum fruit sized pills.

It is given for the diseases said above in prescribed doses. (Brahma Ragasiyam Part – VI).

34. Stomatitis cure – No – 3 (S.R. Pharma)

Take the following:

1. Stomatitis cure No – 2 preparation – 1 oz.
2. *Annabedi chendooram* – 1 oz.
3. *Tripala chooranam* – ½ oz.
4. *Nellikai* juice powder – ½ oz.

Mix the ingredients well. Keep the mixture in an air – tight container.

Dose

It is given in the dose of 1 to 3 pinches or 2 to 6 grains. b.d. with butter or honey.

Uses

Stomatitis, glossitis and bronchitis etc are cured.

35. Stomatitis cure – No – 4 (S.R. Pharma)

Take the following:

1. Stomatitis cure No – 2 – 1 oz.
2. *Annabedi chendooram* – 1 oz.
3. *Nellikkai* juice powder – 1 oz.
4. *Navaneetha parpam* – ½ oz.
5. *Tripala chooranam* – 1 oz
6. *Masikai chooranam* – 1 "

Mix them well and keep them in an air – tight container.

Dose

1 to 3 pinches or 2 to 6 grains b.d. with butter or honey.

Indications : The same indications mentioned in stomatitis cure No –3.

36. *Gunmam cure Parpam* – (S.R. Pharm)

Take the following:

i. *Silajit parpam* – No. 2 – 30 ml

ii. *Sangu parpam* No. 1 or No. 14 – 30 "

iii. *Annabedhi chendooram* No – 30 "

Mix them well and keep them in an air – tight container.

Dose

5 –10 grains b.d. with *Nellikkai legiyam* or *Nellikkai* juice *legiyam.* ½ to 1 thola.

Uses

All the kinds of *Gunmam* are cured marvelously within a fortnight. Gastric troubles, peptic and duodenal ulcers and appendicitis are worth trying, with this medicine.

19. SOOLAI
(SEVERE PAIN)

Treatment

In *Soolai Noi*, *Vali* humour increases and stimulates *Udhanan* and *Abanan* (humours). Then it causes the exceeding intensities of *udhanan* and *abanan* and affects the other humours, which leads to the '*Soolai Noi*'.

In *Soolai Noi* the increasing vali humour causes exceeding intensities of *Abanan* and *Udhanan* which affect the other humours. This is basic aetiology for '*Soolai Noi*'.

The defected humours and *vayu* should be corrected first.

Then the symptomatic treatment for (colic pain) *kutthal* (pricking pain), *kudaidhal* (numbness), *purattal* (borborygmc) and vomiting will be given. The bowel habits and urine excretion should also be corrected.

For vomiting and diarrhoea, appropriate decoction, *ennei* and purgatives are given to correct the defaecation and micturition problems. Then only, the treatment for the disease should be followed.

External embrocation and fomentation may be given for numbness, tingling sensation and colic pain.

Decoctions for purgation

1. Take Ipomoea turpethum (turpeth root), dried ginger, Picrorrhiza kurroa, Angoor variety of grapes (Vitis vinifera) in equal amount. Prepare decoction as per the procedure. It is given in the dose of ¼ *azhakku* (42 ml.), in morning time only. It causes purgation. Treatment may be continued in evening time also, if the condition requires.

2. Another preparation

Take Jatropha curcas root (Angular – leaved physic nut), Black variety of lead wort root (Plumbago zeylanica), Ipomoea turpethum root, Embelia ribes, Picrorrhiza kurroa, dried ginger (Zingiber officinalis) and Glycyrrhiza glabra (Indian liquorice) each of 8.75 gm. Add 1 *padi* water and boil them until it reduces into 1/8 part. Then filter. It is given as single dose for free purgation. It also alleviates '*Soolai Noi*'.

3. Some other preparation

Take the roots of Tephrosia spinosa or Galega spinosa, Boerhaavia diffusa (Spreading hog – weed), Clitoria ternatea, Caesalpinia bonducella (Molucca bean root), Jatropha curcas and *Trikadugu* and *Tripala*, in equal amount. Add 16 parts of the water and boil the preparation (1 part) until it reduces into 1/8 part and filter. It is given in the dose of 84 ml. with little bit of *Inthuppu* (Rock salt). (Ref. Siddha medicine).

***Bethi ennai* varieties : (Purgative oils)**

Take *Kazharchi ennei, siddhathi ennei, meganatha ennei, mantha ennei, vellai ennei, vadhanasa thailam, merukulli thailam, karudan kizhangu thailam, karun kozhi thailam* - any one of these and give with honey in appropriate doses in morning time only for 3 days, combined with Tephrosia spinosa decoction or lonely. It causes smooth purging and also alleviates the pain and grief.

***Bethi Mezhugu* Varieties**

Take *Agathiyar Kuzhambu, Kowsigar Kuzhamu, Chandamarutha Kuzhambu, Navachara Kuzhambu, Kummatti Kuzhambu, Nava Uppu Mezhugu* - any one of these and give in appropriate doses, according to the patient's condition and severity of the diseases for 1-3 days. It causes smooth purging and alleviates the disease.

Bethi mathirai – varieties (purgative tablets)

Take *Meganatha kuligai, kodosuzhi mathirai, kakkana mathirai, sanjeevi mathirai, thazhambu mathirai, lavangathi mathirai, astabairava mathirai, vacchira kandi mathirai, seeva ratthina kuligai, sugaviresana mathirai* - any one of these be given in appropriate doses, according to the patient's condition and the diseases' severity and duration, for 1 to 3 days in morning time only. It causes smooth purging and also alleviates the severity of the disease .

Treatment for diseases (*Soolai Noi*)

***Mathirai* varieties**

1. *Vishnu chakkara mathirai* – one tablet is given in morning and evening with the mixture of *Trikadugu* powder, ginger juice and honey. It is given for *pakka vatham* (hemiplegia), *vikkal* (hiccup), *sogai* (anaemia), 13 types of *Sanni Noi* (delirium), *yeppam* (eructation), *moorcchai* (syncope), and *vayu.* It is good for *pakka soolai.*

2. *Sala manjari* (page – 143 – Kannusamiyam)

It is given in the dose of 192 mg. In morning and evening with tender coconut water, lemon juice, warm water and with the decocotion preparation of Eclipta alba for *kavusi* (Ascites), *neeramai*, *paandu* (Anaemia), *sogai* (dropsy) and *veekkam* (Oedema). It is a good medicine for *ukkara soolai.*

Preparatory method

Take *Sangu podi* (conch shell powder), *Sathira bedi, kantham* (Magnet), *Silajit, kalnar* (asbestos), *Venkaram* (Borax), Iron *(Ayam)*, *kanthi* (sulphur) and *padikaram* (Alum) in each of 1 *kazhanju* (5.1 gm.) add *vediuppu* (potassium nitrate) in the amount of total weight of all other ingredients. Grind the mixture well until it gets *'mezhugu'* state. Then heat them in a crucible and allow it to melt. Allow the burnt matter to dry and powder the preparation.

N.B.

In the above ingredients, we can use, *Sangu parpam*, *Silajit parpam*, *Kantha chendooram*, *aya chendooram*, *kalnar parpam*, purified *ganthagam* preparations instead of crude minerals.

3. *Salotharimani* (S.V.T.)

One tablet is given in morning time only with honey and milk for one to three days. It causes smooth purging. It may be helpful in *ukkara soolai*. Besides this, it also cures the *anthara vayu, sura vayu, erumal, neeradaippu,* and *Sadha yadaippu Noi.*

4. *Soolai Boopathi*

One tablet is given in morning time only, with suitable adjuvants, for one day or three to five days. It is indicated for *Soolai noi*. It may be given according to the patient's condition and climate twice a day. (S.V.T).

5. *Soolai kudaram*

One tablet is given with ginger juice - honey mixture in morning time only for one to three or five days. It is indicated for *gunmam* and *soolai noi*. (S.V.T)

6. *Navaloga Boopathi*

One tablet is given with the adjuvants, said above for *soolai noi*. (Siddha Maruthuvam).

***Mezhugu* varieties**

1. *Rasa Genthi mezhugu*

It is given following the butter milk rice in the dose of Solanum torvum fruit size, kept within the palm jaggery twice a day 48 days. It is indicated for *vatha soolai, vedi soolai*, *ega soolai, idi soolai, pudai soolai* and *thudi soolai*. It is also given for some chronic diseases. (Ref. SVT. and S.R. Pharma)

2. *Rasa mezhugu*

It is given in the dose of pepper size, in morning and evening times, inserting in the palm jaggery, for 7 days. Take head bath in the 15th day with *'marupathiyam'* (diet restrictions) for 7 days.

Indications

Mega soolai, mega vellai, thadippu (skin eruptions), ulcers, syphilis, buboes (inguinal lymphadenopathy), *kaikal madakku* (ankylosis of the upper and lower limb joints).

Milk porridge and milk rice may be given as diet. Strict restriction of salt is advised.

N.B.

This *mezhugu* preparation is given, inserting in the palm jaggery in morning and evening times with the tender coconut water. It is given for haematuria twice a day for 3 days. (Ref – Siddha pharmacopoeia S.V.T)

3. *Nandhi mai*

It is given in the dose of Strychnos potatorum seeds size (Clearing – nut), inserting in the palm jaggery in morning and evening times for ¼. ½, ¾ and one *mandalam* (48 days), for chronic *soolai noi*, eight types of *gunmam* and innumberable chronic dangerous diseases.

4. *Nava uppu mezhugu*

It is given in the dose of pepper seed size, in morning time only for 1 to 3 days, kept within the palm jaggery. It causes smooth purging. It is also indicated for *soolai* (colic pain), *vali gunmam*, *mahotharam* (ascites), *soothaga vayu* (dysmenorrhoea), eight types of gunmam, *andavatham* (orchitis), *neerkorvai* (sinusitis), *mudakku vatham* and *parisa vayu* (hemiplegia – CVA). (Refer to S.V.T).

5. *Navacchara mezhugu*

It is given in the dose of Abrus precatorius seed size, in morning time only, for 1-3 to 3 days, inserted in the palm jaggery. It causes smooth purging. It is indicated for *soothaga soolai, soothaga* vayu and *soothaga kattu* (amenorrhoea).

Preparatory method

Take the purified *navaccharam* in required amount, cover and shield the *navaccharam* with the ground matter of Phyllanthus niruri in certain thickness. *(viral kanam)* in finger's breadth). Put the *Navaccharam* in the crucible and close its mouth. Then cover the crucible with "seven layers of mud cloth" and allow it to dry. Then calcine it by heating with four or five dung cakes. Then collect the burnt *Navaccharam* and shield and cover it again, with the ground matter of Pistia stratiotes (Tropical duck weed). Put the *Navaccharam* in the crucible and cover it with 'seven layers of *seelaiman*'. Do the calcination process again for two times with the same number of dung cakes. Collect the end product (after the two times of calcinations).

Take a clean iron spoon with required amount of Sarcostemma brevistigma milk juice. Add the powdered (calcined) product. Burn and also mix the preparation well. Continue the burning process until the preparation turns into 'fibre' like product. Then collect the preparation and grind it in a mortar. Keep this *mezhugu* preparation in an air – tight container.

6. *Van mezhugu*

It is given in the dose of 60 mg. in morning and evening, kept within the palm jaggery for 3 or 5 days. It is indicated for 18 types of *soolai,* 8 types of *gunmam* and other chronic serious diseases. This medicine may be continued again for three or 5 days, but intermittently. (for preparation refer – S.V.T. and S.R. Pharma).

N.B.

Kanaga linga mezhugu is also used for the same indications said above.

7. *Kummatti mezhugu*

It is given in the dose of 130mg. in morning only for one to 3 days, kept within the palm jaggery. It causes smooth purging. It is indicated for the *soolai Gunma Noi* especially for the *soothaga soolai* (dysmenorrhoea), *Karpa soolai* and *nidhamba soolai.*

8. *Idi Vallathi mezhugu*

It is given in the dose of Solanum torvum fruit size in morning and evening for one *mandalam*. (48 days). It is indicated for the *gunmam, kuttam* like diseases. (Refer – S.V.T)

Diet restriction : *Icchapatthiyam*

9. *Senkottai legiyam* (*Legiyam* preparation of Semecarpus anacardium)

It is given in the dose of Solanum torvum fruit size in morning and evening for one *mandalam* (48 days). It is indicated for *soolai* (colic pain), *gunmam* (peptic ulcer) and *kuttam* (skin diseases). (Ref .S.R. Pharma).

10. *Pancha sootha mezhugu*

It is given in the dose of green gram size, in morning and evening for 3 days. It is indicated for *Soolai Noi*.

***Parpam*, *Chendooram* Varieties**

1. *Rasa Parpam*, *Chendooram*, *Chunnam*

Any one of these be given in optimal doses with suitable adjuvants for severe diseases like *gunmam, soolai, kuttam* and carcinoma (For preparations refer – S.R. Pharmacopoeia).

2. *Thamira Parpam*, *Chendooram*, *Chunnam.*

These are also given for the above said diseases.

3. *Karuvanga Chunnam. Vangarasa Kuru Parpam.*

These are given in optimal doses for the diseases like *gunmam, soolai, neerizhivu* and *kuttam* with suitable adjuvants.

4. *Aya veera Chendooram, Aya Kantha Chendooram, Kantha Aya rasa Chendooram, Arumuga Chendooram* and *Suyamakkini Chendooram*.

Any one of these be given, in prescribed dose, for the diseases like *soolai, gunmam, vayu, paandu, sobai, kamalai,* and *kutta noi* with suitable adjuvants. (For preparations refer to S.R., Pharmacopoeia).

5. *Amai odu thalaga parpam*

It is given in the dose of 130 mg. to 260 mg. with *Trikadugu* powder and honey twice a day for *soothaga soolai.* (Dysmenorrhoea) – (S.R. Pharma)

6. *Naga rasa Chendooram* : (S.R Pharma)

It is given in the dose of 1 grain, inserted in the palm jaggery in morning and evening for three days. It is indicated for serious diseases like *gunmam* (peptic ulcer), *soolai* (colic), *kuttam* (skin diseases), carcinoma and *neerizhivu* (diabetes). (It is one of the great, potent medicines.)

7. *Navacchara kattu* or *chunnam* : (manuscript)

It is given in one grain dose twice a day with *Trikadugu* powder and honey for 3 to 5 days. It is indicated for *gunmam, soolai, kavisai,* (ascities), *neerambal, peruvayiru* (ascites), *vayittru porumal* (Borborygmi) and *vatha rogam.*

Preparatory Method

Take *Kambi navaccharam* – 175 gm) and also take *vediuppu* (potassium nitrate) – 140 gm, *pooneru* – 105 gm, (Nitre of the bible), *Thurusu* (copper sulphate) – 70 gm, Alum – 175gm, Borax powder – 210 gm, fuller's earth – 280 gm, purified egg shell-245 gm and purified skull bone – 280 gm .

Powder the ingredients, other than the *kambi navaccharam*. Then grind them until it turns to paste. Cover and shield the *Navaccharam* with the (ground) paste; cover the crucible with seven layers of mud cloth *(seelaiman)*. Then allow it to dry. Calcine the preparation in a pit by heating with 100 cow dung cakes.

Then collect the burnt or calcined powder. It is considered one of the higher medicines. It gives some better result for the diseases said above.

8. *Nandukkal Parpam* (S.V.T)

It is given in the dose of one grain to two grains with diuretics (fresh juice of medicinal plants or decoctions) morning and evening times for the *"Ukkara soolai"*. This *parpam* preparation is given, with some other medicines like, *kungiliya parpam*, *padikara parpam*, *venkara chunnam* or *vediuppu chunnam*, *karpoora silajit parpam*, *nannari* root bark *chooranam*. (*chooranam* preparation of Hemidesmus indicus - Indian sarsaparilla) in optimal doses. These are given with tender coconut water as adjuvants in morning and evening. It is also given for *neer ericchal* (burning micturition), *neer kaduppu* (dysuria), *neeradaippu* (Oliguria), *sathaiyadaippu*, *kalladaippu* (urinary calculi) and *neer kattu*.

Yanai thantha parpam (The *parpam* preparation of the Elephant tusk-ivory) is given in the dose of 130 mg. to 260 mg. with *Nandukal parpam* for prostatic enlargement. (Refer – S.R. Pharma).

9. *Chanda marutha chendooram*, *panchapaana chendooram*, *pancha sootha chendooram* and *pancha sootha mezhugu*.

It is given in prescribed doses, with suitable adjuvants for soolai *gunmam* (peptic ulcer), and *kuttam* like (camplicated) diseases in morning and evening for appropriate duration.

10. *Saya kulanthaga Chendooram, Kalamega narayana Chendooram*

It is given in prescribed doses with suitable adjuvants in morning and evening for *soolai* (colic pain), *gunmam* (peptic ulcer) and *saya noi* (pulmonary tuberculosis) like grave diseases. It gives excellent result.

11. The mixture of Sangu *parpam*, Karpoora silajit *parpam*, Annabedi *Chendooram*, *Uppu parpam*, *chendooram*, *Panchalavana parpam* in prescribed doses with one pinch dose of *Mandha vayu chooranam* and honey, in morning and evening be given for the *Gunma soolai* (Gastric colic), and *Ama Soolai Noi*.

Chooranam Varieties

Pancha deepakkini chooranam, *Ashta deepakini chooranam*, *Astathi chooranam*, *Trikadugu chooranam*, Kariveppilai *chooranam*, *Seeragathi chooranam*, *Pacchai karpoora chooranam*, *Mandha vayu chooranam* and Elathi *chooranam*, anyone of these be given lonely or with some other *parpam*, *chendooram* preparations, and honey for *soolai* (colic), *gunmam* (pepticulcer) and indigestion *(ajeeranum)*. (Ref. – S.R. Pharma)

Legiyam Varities

Gunma kudori, *Kesari legiyam*, *Pancha deepakkini legiyam*, *Vilvathi legiyam*, *Kandatthri legiyam*, *Seeragathi legiyam* (i.e. andalegyam) *Nellikkai legiyam*, *Injee legiyam*, *Pittha vayu legiyam*, *Elumicchai legiyam* anyone of these be given in required doses, lonely or combined with some other *parpam chendooram* preprartions in morning and evening for *Azhal soolai*, *Ama soolai*, *Gunma soolai*, *Pakka soolai*, *Thoora soolai* and *Ulartthu soolai*. (Ref. S.R. Pharma, S.V.T).

VADAGAM – PREPARATIONS

1. *Talisathi vadagam*

The powder mixture of one Solanum torvum fruit size *talisathi vadagam* with honey is given in morning and evening times for *pakka soolai.* It also curses the *Kapham* (Phlegm), *kal, kirahani* (dysentry), *adhisaram* (diarrhoea), *alasam* and *vamanam* (vomiting).

2. *Pirandai vadagam*

The preparation of powdered one *pirandai vadagam* is given with honey or buttermilk in morning and evening for *amasoolai* and *gunma soolai.* It also stimulates the appetite and enhances the digestion.

It cures *vayu gunmam.*

3. *Kadaga rohini vadagam* for *pitha soolai*

One *(urundai)* piece is given in morning and evening for *pitha soolai noi.*

4. *Kariveppilai vadagam*

One *vadagam* is given in morning and evening for the *amasoolai* and *gunma soolai noi.*

Oil (preparation) varities for external application

Mezhugu thailam, Vatha kesari thailam, Arkka sheeri thailam (*Erukkan paal thailam – thailam* preparation of calotropis milky juice), *Sadamanjil thailam, Kukkil thailam, Visha mushti thailam* (Hospital pharmacopoeia) - anyone of these preparation is applied externally, followed by fomentation with bran or Vitex negundo leaves (Five-leaved chaste tree), or Clerodendron phlomoides leaves or Cardiospermum halicacabum leaves (winter cherry leaves) and or Ricinus communis leaves, mixed with castor oil.

Oil preparation for head-bath

Kombarakku thailam, Sukku thailam, Milagai thailam, Milagu thailam, Balaamadakku thailam, Nocchi thailam and *Ulunthu thailam* - anyone of these oil is given for head-bath according to the disease condition.

Diet

The food substances that increase *vayu*, Solanum tuberosum (potato), plantain fruit (unripe), meat, Arum colocasia tuber (Cacao tuber), fish, flat bean and Dolichos tetraspermus should be avoided. Easily digestible substances are only advised. Gruel or liquid diet is strictly advised in *Ama soolai* and *gunma soolai* cases.

Milagai Adithattu (stalk of the Capsicum annum fruits) poultice for *pakka soolai*

Preparatory method

Take the stalk of Capsicum fruits, common mustard seeds (Brassica juncea), dried ginger (Zingiber officinalis), Sesamum indicum (gingelly seeds) and Asafoetida (Ferula asafoetida) in equal amount. Grind them with water and apply the ground matter over the painful areas as poultice. (manuscript).

Vatha Soolai Harangal (Drugs for Vatha soolai)

(Ref. Vaidhya Sathagam)

Trianthema monogyna root, Boerhaavia diffusa root, Bonduc nut (Caesalpinia bonducella), Trikadugu (dried ginger, pepper, long pepper), Asafoetida (Ferula asafoetida), Vitex negundo (Five leaved chaste tree), Plumbago zeylanica (Ceylon leadwort), Allium cepa (Onion), gingelly oil (Sesamum indicum), castor oil (Ricinus communis), Long pepper (Piper longum), *Evaccharam, Satthiccharam* (a prepared acid salt derived by filtering a boiled solution of a mixture consisting of nitresal tammonia, fuller's earth and common salt), *Panccha lavanam* (The mixture of Sindh salt, rock salt, common salt, glass gall and nitre), *purasu* (Butea

frondosa), neem (Azadirachta indica), Cleome pentaphylla, root of the long pepper, and horse-gram (Dolichos biflorus) are the drugs given for *Vatha soolai* and *gunma soolai*.

Karunkozhi thailam No. 1 preparation for *Vatha Noi* and *Soolai Noi*

Take the black skinned fowl which has just laid its first egg. Remove its intestines and hair. Pound the flesh well. Add asafoetida (Ferula asafoetida), dried ginger (Zingiber officinalis), Smilax chinensis (china root) bark, and onion (Allium cepa) in each of 35 gm. Pound this mixture well. Then put the pounded matter in a container and add 13 litre water. Boil this preparation until it is reduced into 1/8 part.

Collect the filtered decoction in an another container and add 1.3 litre – neem oil. Boil this mixture again until it get the *'thailam'* state. Filter this preparation and keep it in an air-tight container. It is given in the dose of one teaspoonful in morning and evening. It has been proven by experience. It is also used externally for the above diseases.

Karunkozhi thailam – No. 2

Take the black (feather) skinned fowl which has laid its first egg recently. Remove its skin, intestine, head and legs. Keep the mustard seeds within the abdominal cavity of the fowl in required amount. Then pound the fowl well until the flesh and mustard seeds are ground and mixed each other. Then collect the pounded matter and put them in an earthern vessel. Add neem oil 650 ml. and coconut milk 325 ml. (1 *padi* – 1.3 litre). Boil this preparation until it loses its moisture and the oil matter begins to separate from the flesh. Then filter the oil by pressure extraction. Keep the oil preparation in an air tight container.

It is given in the dose of ¼ to ½ ounce in morning and evening for all kinds of *Vatha* diseases (like *parisa vatham*, *mudakku vatham*, *thimir vatham*, *keelvayu* and *kaikal kudaicchal*, 18

types of *Soolai Noi* and five types of vali diseases. (Hand written-manuscript).

Karunkozhi Thailam (No. 3)

Take the black skinned (feather) fowl which has laid its first egg recently. Remove its skin, intestine, head and legs. Keep the common mustard seeds (Brassica juncea) within the fowls abdominal cavity. Then pound the fowl, well until it gets ground. Collect the pounded matter, in an earthern vessel. Add gingelly oil 12 ounces, and neem oil 12 ounces. Boil the preparation well until it loses the moisture and gets burnt. Collect the oil by pressure extraction when the oil matter begins to separate.

It is given in the dose of ¼ to ½ ounce in or three times a day.

It is also used externally. It is given for all kinds of *vatha* diseases. (*keelvayu, Dhanur vatham*, *mudakku vatham*) 18 types of *Soolai Noi*, 5 types of *Vali,* and *Isivu* (convulsions) *Noi.* (Manuscript).

N.B.

These three kinds of *karunkozhi thailam* preparations have been proven by experience. *Vatha Noi, Soolai* (colic pain), five types of *vali* are definitely cured by these oil preparation.

***Mayil ennei* for Poliomyelitis and for Arthritis deformans. (*Elambillai vatham* and *Mudakku Vatham*)**

Take the peacock which had laid its first egg recently. Remove its hair and intestine. Then pound the flesh well. Add the powdered preparations of Smilax chinensis (china root) bark-35 gm, onion (Allium cepa) – 35 gm and asafoetida (Ferula asafoetida) – 4 *kazhanju* (1 *kazhanju* – 5.1gm) pound the mixture once again. Put the mixture in an earthern vessel and add 13 litre water. Boil the preparation until it reduces into 1/8 part. Then filter. Put the filtered decoction in an another vessel, and add neem oil – 1 *padi.* Boil the mixture of moderate fire, until it gets the *'thailam*

patham '(state). (The thailam patham – is defined, in which state, the oil soaked 'Thiri' - twisted cotton rope catches the first without 'sound')

Then filter the preparation. Allow it to cool. Keep the preparation in an air-tight container. It is given in one teaspoonful in morning and evening times. It is also applied externally for poliomyelitis. *Parisa vatham* (hemiplegia), *mudakku vatham* (Arthritis deformans). *Thimir vatham*, 18 types of *Soolai Noi* and five types of *vali*.

Karunkozhi thailam No. 4

Take the black skinned (feather) fowl which has laid recently its first egg. Remove its hair, intestine, head, nail and legs. Pound the remaining flesh and bones. Then grind them in a mortar. Take the mustard seeds (Brassica juncea) – 8 *thola* (1 *thola* – 12 gm) and fenugreek (Trigonella foe um-graecum) – 4 *thola*. Grind them individually with adding little water. Mix both ground water with the ground fowl flesh. Put the mixture in a vessel and add gingelly oil – 20 ounces. Boil this preparation until it loses its moisture and the oil matter begins to separate. Collect the oil by pressure extraction and filter it from the mixture. We can get approximately 12 ounces of the oil by this method.

It is given in the dose of one teaspoonful in morning and evening for *Vatha raktham, keelvayu, mudakku vatham* (Arthritis deformans), *pakka vatham* and *vatha soolai*.

Rasakendhi mezhugu No. 1 (traditional) (S.R. pharma)

(1 thola 12 gm)

1. Purified *valairasam*. 3 *tolas*.
2. Purified *Ghendakam*. 3 *tolas*.
3. *Ulantha Lingha kattu chendooram* or *Jathilingakattu chendooram*. ½ *tolas*.

4. *Rasakarpurakattu parpam* or purified *Rasakarpuram.* — ½ *tolas.*
5. *Rasa chendooram* no.11 or *Rasakarpura chendooram* or Basar Rasa chendooram Purified — ½ *tolas.*
6. Purified *Thalakam.* — 1 p.w.
7. Purified *Manoshilai* or *Manoshilaikattu chendooram.* — 1p.w.
8. *Vediuppu* or *Mupuguru.* — ½ *tolas.* 1gram.
9. Purified *Parangipattai choornam* or *Parangi choornam* compound Noora — 6 *tolas.*

These ingredients are finally powdered, mixed together in a kalvam as per rules and rubbed well for 2 days with cow's ghee add little by little until the medicinal compound becomes waxy consistency. This is then secured and preserved in a suitable glass jar.

Dose

2 to 5 grains (130 -325 mg) may be given twice a day well enclosed with white sugar or palm jaggery or in gelation capsules. Dose may be gradually increased if necessary.

Uses

Mega noi, vellai, gleet, leucorrhea, diabetes mellitus, *jwaram,* leprosy, cancer and all worst skin diseases and joint affections are cured. In children *kalkaduvan* and other sebhorrhic- dermatitis are also cured when given in fractional doses according to their age.

***Rasakendhi mezhugu* No.2**

1. *Rasa parpam* or purified *Patharasam* (Mercury).
2. Purified *Ghandagam.*
3. *Rasakarpura-kattu parpam* purified *Rasakarpuram.*

4. *Thalakakattu parpam* or purified *Thalakam.*
5. *Kantha chendooram* No.1 or purified *Usikantham.*
6. *Mayil thutham chendooram* or chunam or purified *Mayil thuththam.*
7. Purified *Thurusu.*
8. Purified *Mirudar singi.*
9. *Chukku chooranam.*
10. *Omum chooranam.*
11. *Kari manjal chooranam.*
12. *Thippili chooranam.*
13. *Chitharathai chooranam.*
14. *Jathikottam chooranam.*
15. *Valuluvai arisi chooranam.*
16. *Sombu chooranam.*
17. *Elakai arisi chooranam.*
18. *Jathikai chooranam.*
19. *Milagu chooranam.*
20. *Ceeraka chooranam.*
21. *Karpokarisi chooranam.*
22. *Masikai chooranam.*
23. *Thippilimoolam chooranam.*
24. *Vayvidangam chooranam.*
25. *Vashambu chooranam.*
26. *Lavangam chooranam.*
27. *Parangipattai chooranam.*
28. *Serangkottai* purified and pounded into a fine mass.

29. *Kadukaithole chooranam.*
30. *Karunjeerakam chooranam.*
31. *Kattu ceerakam chooranam.*
32. *Ciruthekku chooranam.*
33. *Thalisapathiri chooranam.*
34. *Munthrikai* or *Angoor Drakshai* without seeds, rubbed into a fine paste.
35. *Pirappan kilangu chooranam.*
36. Purified *Ettivithu chooranam.*
37. *Thetranvithu chooranam.*
38. *Neerpoondu (Senthamarai kilanku chooranam).*
39. *Ellu* finely powdered.
40. *Kollu* finely powdered.
41. *Kopparai thengai* finely ground into a paste.
42. *Ciruchinniver chooranam.*
43. *Shangam verpattai chooranam.*
44. *Seemai Amukaraver chooranam.*
45. *Akasakarudan kilangu chooranam.*
46. *Chitharamoola verpattai chooranam* of each equal parts of 1 p.w. or quantity sufficient.
47. Hen's egg 2 nos. (whole contents should be used).
48. Palm jaggery- equal to the weight of the first 46 drugs.

Method of preparation

The first 46 drugs are taken in fine powders or in fine paste according to the types of ingredients, mixed together in a *kalvam* as per rules. The whole content of the eggs are poured in the compound *chooranam* little by little and mixed well. Next the

palm jaggery may be ground nicely for 2 hours into a fine paste in a kalvam and rubbed together with the *chooranam* compound and the egg contents until it becomes a waxy consistency or the jaggery may be made into a thick syrup and this syrup may be used for rubbing the above compound *chooranam* and egg contents in a fine *mezhugu* consistency for about 12 hours. The *mezhugu* is then preserved in a suitable glass jar.

Note - 1

Some physicians adopt other methods of preparation namely(1) out of the 46 ingredients purified *Senkottai* alone is taken double while the other ingredients are taken single weight powdered nicely in a stone mortar with a crowbar. After the bits of *senkottai* are nicely powdered along with the rest of the ingredients, excess of any rough solid bits of *Senkottai* is removed carefully and the egg poured then and pounded. After egg contents are well mixed with the powder compound the palm jaggery is added and pounded continuously for about 12 hours until the mass is of a waxy consistency.

Note - 2

It is always safe to keep this medicine compound well exposed to the hot sun for 1 or 2 hours while it is being pounded with egg contents and jaggery and again pounded. This sortt of exposure to the sun for a little while and then pounding alternately ensures moisture free medicine and thus prevent when it is kept for a long time. The older it is kept the better is said to be of good effect.

Note-3

The potency of this *Rasakendhi mezhugu* is said to be increased when it is preserved in a jar well sealed after preparation for a period of six months and then used. This a may be administered for a mandalam (48 days). Medicine should be stopped on the day of oil bath. Cow' s ghee or castor oil or Coconut

oil bath is advisable or *oanchakalpam* bath may be adopted during medication.

Dose

5 to15 grains or about a small *chundaikai* size may be taken morning and evening enclosed in palm jaggery or plantain fruit or in empty gelatin capsules after food. Butter milk or curd and rice may be taken before taking the medicine in the morning. The dose of the medicine should be gradually increased in exceptional chronic cases.

Uses

This is suitable and effective specific for every so many subacute and chronic ailments. All kinds of *Vatharogam*, soolai rogam, including *rheumatism*, *rheumatoid* arthirtis, poly arthritis, *narithalai vayu*, paralysis, *padai* and hemiplegia etc. *meganoi*, *chori*, *kuttam*, cancer, leprosy padai and chronic skin diseases, *vranam*, sinuses, fistula, piles, *puzhuvettu* (Baldness), syphilis, tubercular glands *(kandamalai)* bubo, urticaria carbuncles, *vatha kudachal*. neuritis and over so many chronic illness are cured provided it is continued for a fairly long time according to the toleration of the patient and severity of the ailments. This is a universal remedy for almost all diseases.

Note- 4

In place of *padharasam* (mercury) and *ghandakam* (sulphur) it is better to use *swarnavala rasa chendooram* (2 p.w.) in this process.

20, 21. MANNEERAL AND KALEERAL NOI

(Spleen and Liver Diseaseas)

Hepatic and splenic diseases are seen from childhood to adulthood. These diseases are related to each other as twins. Some author say if one organ is affected, another also will be affected very soon. The basic pathology is common humour derangements *(Mukkuttra verupadu)* seen in both the diseases moreover the same. So the treatment for both diseases are also same.

Pathology

These two diseases have arisen only due to the excess of *Azhal* humour affecting the paravukal which accompanied by the two other humours then also affect the *Udhanan, Abanan* and *Samanan* humour.

So the deranged humours, especially the *Azhal* humour and the *'Vayu'* should be corrected first. Then it will be followed by the direct medicines for the cure.

First the medicine to induce vomiting is given It is followed by the purgatives. Then only the medicines for the diseases will be given. (Siddha Maruthuvam).

For inducing vomiting

1. Take the papaya juice (unripe fruit) (Carica papaya) – 2 tea spoon and a little bit of Mustard or Randia dumetorum with (emetic nut) powder.This mixture is given in one dose followed by warm water. It causes vomiting. (Siddha Maruthuvam).

Note

The milky juice of the papaya unripe fruit juice obtained by simple scratching is rubbed on the gum boil initially it causes

bleeding. But vomiting will be stopped by simple gargling with cold water. Gum boil recedes itself.

(In one application gum boil or gum abscess becomes quite alright).

2. Decoction preparation for inducing Vomiting and purgation

Take

1. Acalypha indica leaves - *Kuppaimeni* leaves : 1 handful amount
2. Cassia tora leaves – *usithagarai* leaves : 1 handful
3. Emetic nut (Randia dumetorum) : 10 Nos. and
4. Water : 650 ml

Boil this preparation well until it reduces into 1/8 part. and then filter.It induces vomiting and purgation.(Ref. Siddha Maruthuvam).

3. Another preparation

Take the following :

1. Phyllanthus niruri juice : ½ *azhakku* (84 ml)
2. Bethi uppu (Epsom salt) : 1 *palam* (35 gm)
3. Mustard (Brassica juncea) : 1 *varagan* (4.2 gm)

Boil them well for a while and filter. Allow it to cool and warm the preparation by heating again. It is given to induce vomiting and purgation. (Ref.: Siddha Maruthuvam)

Note

The decoctions said in the chapter- 18 *Gunma Noi*, are also useful in hepatic and spleen diseases to induce vomiting and purgation.

Decoctions

1. *Mandoorathi Adaikudineer :*

Take

1.	Trianthema decandra plant	: 105 gm
2.	Boerhaavia diffusa (spreading hog-weed)	: 105 gm
3.	Red variety of Euphorbia pilulifera (Australian asthma weed)	: 105 gm
4.	Hygrophila spinosa flower	: 105 gm
5.	Tribulus terrestris small caltrops	: 105 gm
6.	Cassia fistula root bark purging cal trops	: 105 gm
7.	Saraca indica bark-Asoka tree bark	: 105 gm
8.	*Oozhalathi* tree bark	: 105 gm
9.	Neem bark (Azadiracta indica)	: 105gm
10.	*Tripala*	: 105 gm
11.	Iron *chittam*	: 70 gm
12.	Iron raw powder (Ara podi)	: 70 gm and
13.	Magnet (Magnetite)	: 70 gm

Put these in a vessel. Add goat's urine, cow's urine, vinegar and coconut toddy in each of 2 *padi* (1 *padi* – 1.3 litre). Boil this mixture until it reduces into ¼ part and filter it.

It is given in the dose of 168 ml. in morning time only. It causes purgation and free micturation. Keep the preparation in warm and give it in the dose of 84 ml. in morning and evening for ascites (Neer peruvayiru), spleen disorders *(Manneeral noi)* and liver diseases *(Kalleeral noi).*

2. *Vellattu Neer Ooral Kiyazham :*
(Similar to cold infusion)

Take the following:

1.	Purging Cassia root bark – (Cassia fistula) – *Sarakonrai*	: 35 gm.
2.	Calotropis procera root bark	: 35 gm
3.	Trianthema decandra root	: 35 gm
4.	Sweet Basil root (Sphaeranthus zeylanica)	: 35 gm
5.	Picrorhiza kurroa	: 35 gm
6.	Dried Ginger (Zingiber officinalis)	: 35 gm
7.	Pepper (Piper nigrum)	: 35 gm
8.	Long pepper (Piper longum)	: 35 gm
9.	Clove (Eugenia caryophyllata)	: 35 gm
10.	Chinesh cassia (Cinnamomum cassia)	: 35 gm
11.	Cobra's saffron (Mesua ferrea)	: 35 gm
12.	Chebulic myrobalan (Terminalia chebula)	: 35 gm
13.	Belleric myrobalan (Terminalia bellerica)	: 35 gm
14.	Dried Emblica fruit (Emblica officinalis)	: 35 gm

Triturate these well and make into *chooranam.*

One pinch dose of the *chooranam* is taken and allowed to soak in goat's urine for a night. The next day morning, it is filtered and taken.

It is indicated for splenic and hepatic diseases, ascites *(neer peruvaiyuru),* anaemia *(pandu),* dropsy *(sobai)* and jaundice *(kamalai).*

Note

Though it has been said the '*ullangai* dose' is enough, the author prefers the minimum dose gives good results which has been proven by his own experience.

3. *Kodiveliyathi Kudineer*

Take

1.	Ceylon lead wort root bark (Plumbago zeylanica)	: 35 gm
2.	Bryonia epigaea (Corollocarpuse epigaeus)	: 35 gm
3.	Vitis lanata	: 35 gm
4.	Sweet Basil Root (Sphaeranthus zeylanica)	: 35 gm
5.	Pellitoris (Anacyclus pyrethrum)	: 35 gm
6.	Hygrophila spinosa	: 35 gm
7.	Small Caltrops (Tribulus terrestris)	: 35 gm
8.	Common Cucumber (Cucumis sativus) seeds	: 35 gm
9.	Chebulic myrobalan (Terminalia chebula)	: 35 gm
10.	Belleric myrobalan (Terminalia bellerica)	: 35 gm
11.	Emblica fruit (Emblica Officinalis)	: 35 gm

Triturate them well and make it into powder.

Take 140 gm of the powder and add 1.3 litre water. Boil this preparation until it reduces into 1/8 part and filter it.

It is given in the dose of 80 ml in morning and evening times for inducing purgation and free micturition.

Treatment for the Disease

2. In the **Splenic diseases *Pidangunari Kudineer* is good.** (Manuscript)

Take,

1.	Premna to mentosa leaves	... One handful amount
2.	Chebulic myrobalan unripe fruit skin (Terminalia chebula)	... ½ *thola* – 6 gm.

3. Turmeric (Curcuma longa) ... 8.75 gm powder and
4. Garlic pills (Allium sativum) ... 1 piece

Triturate them well and add 1.3 litre water. Boil the preparation until it reduces into 1/8 part and filter them.

It is given in the dose of 168 ml. in morning and evening times. It reduces fever and also splenic enlargement.

3. *Natthai sadhai Ennei* or *Nei*

Take

1. Snail flesh : 700 gm
2. Ceylon leadwort (Plumbago zeylanica) : 35 gm
3. Winter cherry (Withania somnifera) : 35 gm
4. Sweet Flag (Acorus calamus) : 35 gm
5. Chebulic myrobalan (Terminalia chebula) : 35 gm
6. Belleric myrobalan (Terminalia bellerica) : 35 gm
7. Dried Emblica fruit (Emblica officinalis) : 35gm
8. Nut meg (Myristica officinalis) : 35 gm
9. Oak galls (Quercus inttectoria) : 35 gm
10. Seenthil sugar (Tinospora cordifolia) : 35 gm
11. *Chiverry* (Andrographis paniculata) : 35 gm
12. Eugenia jambalona bark : 35 gm
13. Neem bark (Azadiracta indica) : 35 gm
14. *Oozhalathi bark* : 35 gm
15. Gymnema sylvestris root: 35 gm
16. Sesamum seeds : 35 gm
17. Red variety of rough chaff (Achyranthes aspera) : 35 gm
18. Cow's ghee : 1.3 litre
19. Cow's milk : 1.3 litre

Preparation Method

Pound the raw materials well and add 5.200 litre water. Boil the preparation until it reduces into ¼ part and filter it. Now add the snail flesh, cow's milk and ghee, with the decoction. Boil the preparation once again until it gets *'Kadugu thiral'* state. Then filter it.

It is given in the dose of one teaspoonful in morning and evening for the splenic and hepatic diseases. It has been considered as a good medicine for *rattha moola noi*. (bleeding piles).

4. *Saram* (salt) *kalavai* (a mixture preparation of salt)

Take Sesamum indicum plant, dried leaves of Musa sapientum (plantain dried leaves), male flower of palm tree, tobacco leaves (Nicotiana tobaccum) and Achyranthes aspera (rough chaff). Burn them to ashes. Then add 4 measures of water to the amount of the ash mix them well filter it.

Boil the filtered solution,by moderate fire until it loses its moisture. Then allow it to dry under sunlight. Collect the dried salt. Add 4 measures of water and boil them until it loses its moisture. Allow the boiled matter to dry under sunlight. Collect the dried salt. Repeat this process for 5 times. Collect the end product. It is given in the dose of 130 mg. to 260 mg. in morning and evening with suitable adjuvants for hepatic and splenic diseases, ascites *(neer peruvayiru)* and dropsy.

5. *Nandu Nei*

a. Collect one *veesai* (40 *palam*) (1 *palam* – 35 gm) crabs from the ridge of the fields. Pound the crabs well and add 5.200 litre water and boil them until it reduces into 1/8 part and filter it.

b. Take the long pepper (Piper longum), Embelia ribes, Mesua ferrea (Cobra's saffron), Moringa oleifera (Horse radish) bark. Acorus calamus (Sweet flag), Picrorrhiza

kuroa and Calophyllum inophyllum root bark each of 175 gm pound them well. Add the burnt ash of dried Pongamia glabra cover of seeds (Indian beech) in 325 ml amount and water 5.200 litres. Boil them until it reduces into 1/8 part and filter. Collect the filtered decoction and mix it with (cow's) ghee-1.3 litre, papaya juice – 325 ml (Carcia pappaya) cow's urine – 325 ml and goat's urine 325ml . Put this mixture in another container.

c. Add the powdered *Tripala,* Galangal (Alpinia galangal), Costus root (Costus speciosus), Anacyclus pyrethrum (Pellitory), nut meg (Myristica officinalis) mace (Arillus of the Myristica officinalis) and *Trikadugu* each of 17.5 gm with milk. Boil the preparation until it gets *"Kadugu thiral" patham.* Now mix the *'Uppu kalavai'* preparation 70 gm.

It is given in the dose of 1 teaspoonful for splenic and heptic diseases, ascites, anaemia, dropsy and *vayu.* It induces free purging and micturition. (Ref-Siddha maruthuvam).

PARPAM and *CHENDOORAM*

Take the *parpam*, *chendooram* preparations of *Ayam* (Iron), Magnet (magnetite), *Mandooram*, *Annabedi, Vedi annabedi, Sembu* (copper), Gold, *Velli* (silver), *Velleeyam* (Tin), *Thutthanagam* (Zinc), *Sirukan nagam, Tiruvangam* (Plumbum), *Thalagam* (Yellow orpiment) and *Vellai padanam* (Arsenic oxide), Navacchara kattu or *parpam*, *Uloga mandoora chendooram*, *Panai viraladhichram*, *Punarnava mandoorum, Navauppu chunnam*, *Indhuppu chunnam*, *Uppu parpam* or *chendooram*, *Lingakattu chendooram*, *Seeva loga chendooram*.

These are given alone or combined with suitable adjuvants. But these are given only according to the patient's condition and severity of the disease. It is also indicated for accessory diseases

of the splenic and hepatic disease like, *suram* (fever), *paandu* (anaemia), *kaamalai* (jaundice), *sobai* (dropsy), *peruvayiru* (ascites) and *vayu*.

2. *Sanga thiravagam*

It is given in the dose of 5-10 drops in morning and evening mixed with water for splenic diseases.

3. *Pancha thiktha paanagam*

It is given in the dose of ¼ to ½ teaspoonful in morning and evening for hepatic and splenic diseases.

4. Pineapple, and papaya fruit or papaya juice may be helpful in *'Kaiycchal katti' noi*.
5. The juice of Raphanus sativus (Indian radish) is given in optimal doses, in morning and evening for hepatic and splenic tumours.

N.B.

Mullangi leaves (Raphanus sativus leaves) juice is said to be very effective in the cases of jaundice and *mullangi kizhangu* has to be fried and given with diet in *sobai* (dropsy), *kamalai* (jaundice), ascites and in spleen and liver diseases without salt.

6. Direct medicines or main medicines for hepatic, splenic diseases.

Rasa parpam, *sandarasam*, *jayarasam*, *sathilinga parpam*, *thambira parpam* (copper *parpam*), *thurusu parpam*, *sanda marutha chendooram*, *suyamakini chendooram*, *navaccharakattu*, the *parpam* preparation of *palagarai*, *sangu*, *pavalam*, *muthu*, and *karpoora silajit*, *ponnimilai chendooram* - any one of these preparation is given alone or combined with suitable adjuvant in appropriate doses for the above said diseases. Diet restriction is also advised according to the medicines taken.

7. Take *Logamandoora chendooram*, *Seevaloga chendooram*, *Vedi anna bedhi chendooram*, *Punarnava mandooram*,

Karpoora silajit parpam No-2, *Venkara chunnam* or *vediuppu chunnam* in each of 260 mg. and Ascites cure *chooranam* – 1300 mg. Mix them well with honey.

This mixture is given in morning and evening. *Neermulli kudineer, Pidanganari kuidineer, keelkkai nelli samoolam,* Eclipta alba *(Karisalai), Kadukkai Thol kudineer, Thiratsathi kudineer* (under jaundice) *mandoorathi kudineer* which is described above, *mandoorathi adai kudineer* - (described in SVT) *erumai* urine *kantha kadukkai* or cow's urine *kadukkai,* any one of these may be used as adjuvant with the above preparation. It gives some good result in the cases of albuminuria, dropsy and ascites. Take salt free diet.

8. Take 100 years old neem tree bark and prepare the decoction by adding adequate amount of water, as per procedure. It is given in optimal dose, in morning and evening for hepatic and splenic diseases. It also cures fever in hepatic and splenic tumour cases. The toddy of 100 years old neem tree is given in the dose of one to two teaspoonful in morning and evening for the above diseases.

9. *Karum tulasi kudineer* (black variety of Ocimum sanctum).

It is given in the dose of 80 ml in morning and evening or three times a day for the diseases said above.

Preparatory method

Take Ocimum sanctum or the black variety of Ocimum sanctum root (Holy basil) – 17.5gm, pepper – 8.75 gm, Peucedanum graveolens (Dill seeds)- 35 gm, and water – 1.3 litre. Boil them well until it reduces into 1/8 part and filter it. It is given in the morning and evening for fever and lumps seen in hepatic and splenic diseases.

10. *Kumatti uppu*

Take colocynth fruit juice (Citrullus colocynthis) 650 ml and *pancha lavanam* – 525 gm. (*Kalluppu, kariyuppu, Indhuppu, Navaccharam, Vediuppu* in each of 105 gm in powdered form). Mix them well and allow them to dry under the sunlight. Then collect the dried materials and mix them with 650 ml. cow's milk. Boil this mixture uand collect the burnt salt mixture.

Dose

One pinch dose is given in morning time only, with (cow) butter milk or *neeragaram* or vinegar. It induces purgation.

Uses

It cures, *kaicchal katti, kamalai katti, peruvayiru* (ascites), *neer peruvayiru* and *soothaga vayu.* It is given in morning time only according to the patient's condition and severity of the diseases.

11. *Kariyuppu Parpam*

It is given in the dose of 2 *chittigai*, in morning and evening with oma *legiyam* for hepatic and splenic diseases, abdominal colic and indigestion.

Preparatory method (manuscript)

Take *kariuppu* (common tablet salt) – 1 *palam* (1.3 litre) and grind it with Daemia extensa juice. Make the ground matter into *'villai'* and allow them to dry. Put them in a crucible and cover it with seven layers of *seelaiman*. Calcine the preparation by burning with 50 numbers of cow dung cakes and collect the burnt matter. Repeat this calcine process again. (total – 3 times of calcinations).

The end product is the '*Parpam* preparation of *kariuppu'*. It is given in the dose of 260 mg. to 520 mg. in morning and evening with optimal adjuvants for the diseases described above.

Special adjuvant – *Oma legiyam*

Take the ajowan seeds (Ptychotis ajowan) – 175 gm and fry them moderately. Then powder them and add equal amount of palm jaggery. Grind this mixture well until it gets the *'mezhugu'* state. This legiyam preparation is specially given with *Kariuppu parpam* as an adjuvant for *vayitruvali* (Abdominal colic), *ajeeranam* (indigestion) and *kaicchal katti.*

12. *Kadukkai kudineer* for constipation in *kaicchal katti*

Take the outer skin of the Chebulic myrobalan unripe fruits, (Terminalia chebula), Picrorhiza kurroa and fresh rose petals each of ½ *palam.* Add 1 *padi* (1.3 litre) water and boil them until it reduces into 1/8 part. Then filter this preparation. It is given in the dose of 84 ml. in morning and evening for free purgation. It also reduces fever and *kaicchal katti.*

13. *Suyamakkini chedooram, Gandha Aya chendooram, Gandha aya rasa chendooram*

Any one of these is given with *Trikadugu chooranam*, honey mixture in morning and evening for hepatic, splenic lumps and ascites. It also acts as haematenic and general alterative. The decoction preparations said above may be used as an adjuvant, with this preparation. (S.R. Pharma).

15. Siddha Koina mixture : - (Not the modern medical quinine but substitute for it in Siddha)

Take Menispermum cordifolia in required amount and remove the outer skin by scraping. Then cut Menispermum cordifolia into pieces. Dry the pieces and pound them into powder. (*chooranam*). Filter the powder by a clean cloth.

Also prepare the *chooranam* of Coccinia indica following the above preparatory procedure. Collect both the *chooranam* in equal amount and mix them well. Grind the mixture with cow's milk and make them into *'Villai'*. Then allow them to dry and

powder them. Now add the breast milk in little bit amount and mix them well. Allow the mixture to dry in a shady place. Stir the preparation frequently and mix them well while drying. Then collect the complete dried preparation in an air-tight container.

Dose

It is given in the dose of 65 mg (1 grain dilute sulphuric acid for *murai suram* (periodic fever), *kulir suram* (fever with rigor), *natpatta suram* (chronic fever), *vidaa suram* (recalcitrant fever) and *kaicchal katti.*

(This is a substitute for quinine products).

15. *Thalaga matthirai: Vellai paadana matthirai*

Any one of these be given in morning and evening with suitable adjuvants for *surum* and *kaicchal katti.*

22. VELUPPU NOI (ANAEMIA)

Treatment

In Veluppu noi, the appetite is lost. The food taken will not be digested well which results in anaemia and body weakness. Besides these, *'Anal Pitham'* and the *Ranja kapitham* which gives the natural colour to our skin are affected in this disease. The body will be pale and loses its weight. It will increase the *'Azhal'* humour. The increased *Azhal* humour also increases the other two humours' and Vyanan which results in Anaemia. So the purgatives are given to correct the deranged humours. Later, the appetizer, digestive tonics, and hematinic will be given. The medicines given to induce purgation, may be chosen as laxatives.

1. *Thiratsathi kudineer* (Siddha Maruthuvam).

Take Angoor variety of grapes (Vitis vinifera), Dates (Phoenix dactylifera), Rose (Rosa damascena) and Turpeth root (Ipomoea turpethum) in equal amount. Prepare decoction as per procedure. It is given in optimal dose, in morning time only. If the condition needs, it may be continued for evening too. It acts as smooth laxative.

2. Another Preparation

The cooked and filtered water of Agati grandiflora, is given mixed with palm sugar candy in the dose of 84 ml. to 168 ml. in morning time only. (It acts as smooth laxative and also expels the intestinal worms).

3. Some other Preparations

Take Limonia acidissima, Mollugo cerviana, Tinospora cordifolia, Cassia lanceolata (Senna), Turpeth root (Ipomoea turpethum) in equal amount. Prepare decoction as per procedure and filter it. It is given in optimal dose, added with a little bit of Epsom salt *(pethi uppu)* in morning time only. It (Mg. SO_4 + H_2O) acts as laxative.

4. *Azharchi ennei*, *Moolakudori mezhugu*, *Thitthippu pethi legiyam* (sweet laxative *legiyam*), *moola kudori nei, atthi pasha manappagu*, any one of these be given in optimal doses in morning time only. It acts a smooth laxative. It increases appetite. (For the preparation of these medicines please refer to S.V.T. S.R. Pharmacopoeia and Hospital Pharmacopoeia).

For stimulating appetite and improving the digestion, the following *chooranam*, *legiyam* preparations are given.

1. *Thirikadugu chooranam, legiyam.*
2. *Panccha deepakkini legiyam, chooranam.*
3. *Ashta deepakkini chooranam.*
4. *Talisathi chooranam.*
5. *Elathi chooranam.*
6. *Chowpakkiya chundi.*
7. *Chundai vattral chooranam.*
8. *Talisathi Vadagam.*
9. *Thaiyir chundi chooranam.*
10. *Injee rasayanam, legiyam,*
11. *Seeragathi chooranam, legiyam.*
12. *Mandha vayu chooranam, legiyam.*
13. *Kandatthiri legiyam.*
14. *Pitha vayu legiyam.*
15. *Vilvathi legiyam.*
16. *Kariveppilai chooranam.*

Anyone of the above preparation is given, alone or sometimes combined with other preparations, as an adjuvant to stimulate appetite and improve digestion. (Please refer to S.V.T., S.R.

Pharma and Hospital Pharma for their preparation and other details)

Apart from these, the *parpam*, *chendooram* preparations of Iron, *Kantham* (Magnetite), *Mandooram*, *Thangam* (Gold), *Velli* (Silver), *Muthu* (Pearl) and *Pavalam* (coral) are also given to stimulate haemopoeisis.

1. *Karisalai legiyaṃ*

It is given in the dose of Calophyllum inophyllum fruit size in morning and evening for 48 days. It is given for *pitha pandu, vettai* (syphilis), *kaikal Oay chal* (weakness), *erivu* (burning sensation), *mayakkam* (fainting), *vanthi* (vomiting), *arosagam* (anorexia), *kiragani* (dysentery) and oedema with maceration. The patient who takes this medicine is advised to take "*Ashwa kanthi thailam*" head bath.

2. *Azharchi ennei* : (manuscript). (for diarrhoea).

Take the juices of Raphanus sativus (Indian radish), Solanum nigrum, Aloe vera, Exacum hysopifolium, Hydrocotyle asiatica (Indian penny – wort), Amaranthus gangeticus and castor oil (Ricinus communis) each of 1 padi (1.3 litre). Boil them well until it gets the '*Kadugu thiral*' state (*patham*). Then filter it. It is given in the dose of one to 2 teaspoonful in morning time only. It causes free laxation and free micturition. It alleviates *udal kanthal* (hyperpyrexia), *ericchal* (burning sensation) and also corrects the *Azhal* humour. It is given as a healthy laxative oil in *paandu* (anaemia), *sobai* (dropsy) *peruvayiru* (ascites) patients. It is also given with milk or orange juice for laxative purpose in stomatitis, peptic ulcer, duodenal ulcer and *moola noi* (piles case, in required dose, morning time or night time (before rest in bed) only.

3. *Pottralai kaiyan, Kadukkai, Logamandooram*

Mix these ingredients and prepare the decoction as per the procedure. It is given in the dose of 2 to 3 ounces in morning and evening for anaemia cases.

4. Aya Jambeera karpam

The correct preparatory method is described here. Take the purified Iron powder – 350 gm. For better result, we may take *Aya chendooram* (Completed vermilion preparation – which is in pomegranate flower colour) – 175 gm. Also take pepper (Piper nigrum) – 350 gm and garlic – 175 gm (Allium sativum). Pound these ingredients and mix them well.

Take 40 nos. of lemon fruits and cut them into 4 pieces. Collect the above mixture preparation and divide them into 40 equal parts. Keep each part within every piece of lemon like keeping of salt in pickles. Put all lemon in a container and add 8.75 litre gingelly oil (Sesamum indicum). Then cover the container with '*seelai man*'. Preserve the container under earth for 40 days. After 40 days, the preparation will be taken out and one piece will be given in three times a day for anaemia, *oothal noi* (dropsy) and *manjal noi* (jaundice).

Note

If the gingelly oil is taken in 17.5 litre amount as prescribed in our text books, we will not get the correct pickle consistency.

If the *Ayapodi* (Iron powder) is used instead of *Aya chendooram* , it will cause rusting odour. Cattle shed may be the suitable place, for preserving the medicine. (under earth). Frequently the above earth place in where the medicine is preserved would be macerated by spraying water. But for that, medicine need not be kept in muddy place. This is purely authors experience. In the text book, the measurement of *ennei* said as "*murkooridu*". But if the

17.5 litre of oil is added as advised above, the preparation will get rancid smell.

But in older manuscript, the measurement of the oil had been said as "*mukkooridu*" ie. The measurement should be the total weight of the first three ingredients.

So, the author prefers, the 8.75 litre (total weight of the first three ingredients) for the good completion of the preparation.

5. *Aya Bringaraja karpam* (preparation)

Apart from the preparatory method said in our texts the author is giving other preparation method of his own experience.

Take the *Aya chendooram* – 140gms (author prefers), *aya chendooram*, instead of iron powder said in the text book, and *mandoora chendooram* (here also author prefers the *mandoora chendooram* instead of *mandooram*) – 200gms. Mix them well.

Take the Eclipta alba plant and grind it with Eclipta alba juice and then make it into *villai*. Allow the *villai* to dry under sunlight. Then powder it and grind again for 2 days with eclipta juice.

Repeat the process again and again totally for 5 times. Then collect the end product (ie. the powder of Eclipta alba plant) of 10 *palam* (350 gms).

Mix the above preparation with *Aya chendooram* and *mandoora chendooram* collected above. Grind this mixture with Eclipta alba juice for one day. Then allow the ground matter to dry under sun light with mortar. Start the grinding process next day adding Eclipata alba juice.

Repeat the process for five times.

After that, the product is ground again, but this time with lemon juice for one day. Then allow it to dry. Next day, start the grinding process adding lemon juice.

Repeat this process also for 3 or 5 times.

Collect the end product and keep it in an air-tight container. It gives an excellent result. It is given in the dose of one to 2 *chittigai* in morning and evening with honey or ghee or butter or cheese or fruit juice and or curd for *paandu* (anaemia), *sobai* (dropsy), *kamalai* (jaundice), *vallai* (hepatic enlargement), *pileegam* (splenic enlargement) etc. It is considered as one of the best medicine.

Note

This preparation is also made as small tablets, and dried in shade. One tablet is taken in morning and evening (twice a day).

6. *Aya Parpam, Chendooram*

It is given in 1 to 2 grain (65 mg - 130 mg) dose in morning and evening with honey or sugar or long pepper *chooranam* and or pepper *chooranam* or with any other suitable adjuvant for *paandu* (anaemia), *sobai* (dropsy), *kamalai* (jaundice), *peruvayiru* (ascites), *mega noi* (syphilis), *vayukkal, pazhaya suram* and *mega pun* (syphilitic ulcer). Generally it is indicated for the diseases in which the *Aya chendooram* is also indicated.

7. *Gantha Parpam, Chendooram*

It is given in the dose of 130 mg. in morning and evening with honey, ghee and jaggery for the diseases said above. Apart from that, it is also indicated for *Asathiveppu* (pyrexia), *Rattha kasam* (Haemoptysis), *Ulaimanthai* (Intestinal tube rculosis) and *Vatha pitham.* It gives more strength to our body. *Vilvathi legiyam* and *Maha vilvathi legiyam* are used as adjuvants to give better results.

Diet restriction

Avoid Cucurbita maxima (pumpkin), horse gram (Dolichos biflorous), Common mustard (Brassica juncea) and vinegar, ghee, sugar, milk and wheat are advised to be taken for good results. Avoid sexual contact.

8. *Ayaveera chendooram, Arumuga chendooram, Anna pavala chendooram, Ponnnimilai chendooram, Mandoora*

chendooram, *Siddha* mandooram, *Ekku chendooram*, *Thanga chendooram*, *parpam*, *Aya* poonaga *chendooram*, *Aya thanga chendooram*, *Velli parpam*, *Muthu parpam*, *Pavala parpam*, *Maan kombu parpam*, *Gantha aya chendooram*, *Gantha aya chendooram* and *suyamakkini chendooram* - Take any one of these alone or combined with other drugs. Ghee, honey or another *chooranam* or *legiyam* preparations are used as adjuvants.

It is given in morning and evening for *paandu* (anaemia), *sobai* (dropsy), and *kamalai* (jaundice). It gives good strength to the body and briskness. Besides this, *Aya Kantha chendooram*, *Suvarna pavala parpam*, *Suvarna pavala muthu velli, kalavai parpam*, *Seevaloga chendooram*, *Seevaloga mezhugu, Poorna chanthirodhayam, Triloga chendooram* (*Ayam, Ganatha, Ayakittam*) *Karisalai legiyam, Sindhathi legiyam, Aya thambira chendooram*, *Panchaloga chendooram*, *Navaloga chendooram*, *Sandarasa parpam*, *Sathilinga parpam*, *Rasa parpam*, *Suvarnavalai Rasa chendooram*, *Kalamega narayana chendooram*, *Culanthaga chendooram*, *Ganthaga chunnam*, *Van mezhugu*, *Kanaga linga mezhugu*, *Thanga mezhugu*, *Mandoorathi adai kudineer*, decoction preparation of *pottrilai – kaiyan-kadukkai aya mandoorum*, *venpoosanai legiyam*, *nellikkai legiyam*, and the *nei* (ghee) preparation of the *Nannari* (Hemidesmus indicus) (Indian sarsaparilla), *Nilappanai* (Curculigo orchioides – Black musale), *Thanneer vittan* (Asparagus racemosus) and *Vallarai* (Hydrocotyle asiatica), take any of these is given alone or combined with other drugs in the appropriate doses in morning and evening times, according to the symptoms and signs of the diseases.

The above medicines are indicated for *paandu* (anaemia), *sobai* (dropsy) and *kamalai* (jaundice). It also gives good strength to our body. (For preparation and other details please refer to S.R. pharma and S.V.T).

The above medicines also induce gastric secretion and enhance the digestion and haemopoeisis.

Thitthippu Pethi Mezhugu **:** (Ref. manuscript).

It is a good laxative.

Preparatory method

Take '*Rasthali*' variety of plantain fruit – 1 No. or 35 gms dates (Phoenix dactylifera) – 1 *palam*. *Angoor* variety of grapes (Vitis vinifera) – 1 *palam*.

Sugar candy (china karkandu)	–	35 gm.
Almond (Prunus amygdalus)	–	"
Honey	–	"
Ghee (cow)	–	"

Take (*Trikadu*) Dried ginger, pepper and long pepper each of – 17.5 gm. in *chooranam* form, and white mustard (Brassica alba) – 17.5 gm.

Powder the ingredients very well and mix them. Then grind them and take at bed time. Only one dose is enough. It causes smooth purging. Buttermilk or the mixture of burnt Acorus calamus (sweet flag) with honey is given to stop purgation.

(This is only a healthy laxative).

Apart from the above preparation, the following medicines are used as helmenthic in cases of *mannu pandu* or *kirumigal pandu* (anaemia).

1. Grind the tender neem leaves (Azadiracta indica) and the paste is given in the dose of Emblica fruit size or catechu nut size, with bran or sugar (coated with) in morning time only for three days. It expels the hook worms and *kudal kirumi*. It cures anaemia caused by helminthiasis. Rice with butter milk may be given as diet.

2. Take castror oil 1 ounce, cow'smilk 80 ml add small quantity of sugar candy and give only in morning for purgation. It expels the worm without tiredness. Rice with buttermilk may be given as diet.

3. Another Preparation

Take Chebulic myrobalan unripe fruit skin – 2 *kazhanju* (1 *kazhanju* – 5.1 gm) and tender neem leaves –10 *kazhanju*. Pound them well and grind them with Vitis quadrangularis juice. It is given with little bit of butter (cow) in morning time only to expel the intestinal worms (manuscript).

4. Some other Preparation

Take the Chebulic myrobalan unripe fruit skin – 4 gm. Garlic – 3 gm. Dried ginger – 2 gm. and *uppu parpam* – 1 gm.

Mix these ingredients well and keep them in an air-tight container. One or 2 *varagan* (one varagan 4.2 gm.) dose is given one time, mixed with 2 to 4 ounces of cow's urine to expel the intestinal worms.

Rice with butter milk may be given as diet. (Manuscript).

5. *Thenkai legiyam* (A *legiyam* preparation of coconut).

Take purified *Pooram* (Hydragyrum subchloride calomel), *Rasam* (Hydrargyrum), *Lingam* (Red sulphide of mercury, cinnabar or vermilion) and *Ganthi* (sulphur) each of 2 *varagan* (8.4 gm.), purified Croton tiglium (purgative croton) – 42 gm. Dried ginger, long pepper, root of the long pepper, Plumbago zeylanica (ceylon lead wort), wild cumin seeds (Vernonia anthelmintica), Smilax chinensis (china root), Indian jalap (Ipomoea turpethum), and Asafoetida (Ferula asafoetida) each of 8.4 gm, milky juice of Euphorbia antiquorum (triangular milk spurge) – 168 ml. palm jaggery in required amount and (matured fruit) coconut – one; first mix the raw drugs and mineral drugs. Then grind them with milk hedge juice.

Make a hole in the coconut and remove water. Keep the ground matter prepared above and the milk hedge inside the coconut. Then close the hole with a wedge. Cover the coconut with the layer of cow dung in one inch thickness. Then allow it to dry under sunlight. Calcine this preparation by burning with 100 cow dung cakes. Collect the coconut immediately if its shell is burnt or vapour of medicine is smelt. Allow the coconut to cool. Then remove the coconut shell. Grind the medicine with coconut kernel. Add adequate amount of palm jaggery and grind the mixture until it gets the *legiyam patham* (state). Keep the mixture in an air tight container.

Dose

It is given in the dose of 260 mg. to 520 mg. in morning only for 1 to 3 days with sugar (turned over with). (Small Solanum torvum fruit size dose usually be given).

It causes smooth purging and expels the hook worms, round worms and also other intestinal worms. It specially cures magotharam - neer peruvayiru (ascites), *pilegam* (splenomegaly), *paandu* (Anaemia), *sobai* (dropsy), *gunmam* (peptic ulcer) and *vayittru vali* (Abdominal colic). (Refer. S.R. Pharma).

6. *Thasa theetcchai Kuzhambu.*

(It is another variety of *Thenkai legiyam*).

Take a ripen coconut fruit and make a hole in it and remove the water. And also take the milky juices of Sarcostemma brevistigma, Euphorbia antiquoram (Triangular milk spurge) each of one ounce and the ground matter of purifed sulpuer, *Rasa parpam* (mercury *parpam*), *Gantha Chendooram*, dried ginger, pepper, long pepper, asafoetida (Ferula asafoetida), *Venkara parpam* or fried Borax powder and Picrorrhiza kurroa in each of 1 *kazhanju* (5.1 gm) with the milky juices of Sarcostemma brevistigma and Euphorbia artiquorum. Put them into the coconut and shield it with the layers of cow dung. Allow it to dry. Then

calcine this preparation by burning with 72 numbers of cow dung cakes. Collect the burnt shell.

Remove the shield and shell. Grind the coconut (with the medicine), added with equal amount of palm jaggery until it gets *mezhugu* or *kuzhambu patham* (state). Keep this preparation in an air-tight container.

Dose

It is given in the dose of one *kasu / edai* (10.2 gm.) in morning time only with sugar (turned over with). It may also be taken in the gelatin capsule form. It causes smooth purging.

Treatment for over-purging.

Rice with buttermilk may be given. The mixture of burnt Acorus calamus and honey or the mixture of burnt Acorus calamus (Sweet flag) with lemon juice may also be given. It stops purging. It also causes expulsion of intestinal worms.

It cures *peruvayiru, pilegam* (splenomegaly), *pandu* (anaemia), *kamalai* (jaundice), *pun* (ulcer), *kanerivu* (burning sensation), *kaikal mudakku* (ankylosis of the upper and lower limb joints).

7. Another preparation

Take a ripen coconut fruit and cook it along with the boiling of paddy. Collect the coconut after it had been boiled with paddy and remove its shell. The coconut kernel is allowed to take internally in morning time only. It cause smooth purging. It is considered as good medicine for tape worms.

8. *Kirumi ennei* (manuscript).

Take the following:

(i) Castor oil – ¼ *padi* (325 ml)

(ii) Cow's milk – ¼ *padi*. (325 ml)

(iii) Coconut milk – ¼ *padi*. (325 ml)

(iv) *Katterumai paal* (ie. Euphorbia antiquorum)

Milky juice – 1/8 *padi*. (163 ml.)

Also take the Butea frondosa seeds – 1 *palam*. (35 gms.)

Boil them with '*Sani paal*' (cow dung) and remove outer coverings of them. Clean them and allow to dry. Then fry them with ghee. Powder the seeds and mix the powder with the above ingredients. Boil the mixture with moderate fire until it gets the "*kadugu thiral pakkuvam*" (the state, when the sediment deposited at the bottom forms a thick lump, leaving the oil pure and clear).

Keep the oil in an airtight container.

Dose

It is given in the dose of 1 to – 2 *varagan* (1 varagan – 4.2 gm.) with sugar or indian coffee in morning time only. It causes smooth purging and also expels the intestinal worms.

Milk, tea and breast milk are also used as adjuvants.

9. *Meni ennei* (manuscript)

Take the Acalypha indica leaves (Indian acalypha) and castor oil – ¼ *padi*.

Preparatory method

Boil the castor oil first and add the acalypha leaves. Fry them well. Collect the fried leaves and churn them with '*matthu*' (wooden stick). Then keep the leaves in an air – tight container.

Dose

It is given in the dose of 8.75 - 17.5 gm to expel the intestinal worms.

10. *Murukkan vitthu matthirai.* (S.R. Pharma)

One tablet is given (in the size of Solanum torvum first size) in early morning time only with palm jaggery, or tender coconut water,

ghee, milk and sugar like adjuvants for helminthiasis, *mantham* (flatulence), *seethakattu*, *kendai*, *vayittruppusam* (tymphanitis) and *kavisai* (Ref. SVT.).

11. *Kudar kirumi nasani* (Intestinal worms remedy).

Take purified Butea frondosa seeds *chooranam* – 2 gm. Fried and powdered asafoetida (Ferula asafoetida) *chooranam* – 1 gm. Fried and powdered ajowan seeds *chooranam* – 1 gm. Fried and powdered Embelia ribes *chooranam* – ½ gm. and white sugar 4 ½ gm.

Mix them well. This mixture is given in the dose of 1 pinch in morning and evening for one day or two days with honey. After this initial medication, any one of the pills of *sanjeevi mathirai, Murukkan vittu, Vacchira kandi* and *Meganatha kuligai* be given on the immediate next day with any one the oils said above. It causes smooth purging and expulsion of worms.

Diet

Rice with butter milk are advisable. For pediatrics only the optimal minimal dose should be given. This is the preparation being used in the Siddha Research Centre.

12. *Nilaver kudineer* (*Nakkupoochi decoction*)
(Refer – S.V.T.)

It is given in the dose of 42 ml. to 84 ml. in morning time, only to induce purgation. If purging not occurs, the minimal dose will be continued in the evening time too. If still the purging does not occur, the tablet or the *ennei* preparation said above may be given as one single dose in morning. It expels *Nakku poocchi* (Ascaris lumbricoides), *Thimir poocchi* (Enteriobius vermicularis) and *Kokkipulu* (Hook worm – Ankylostoma duodenale).

Diet

Give buttermilk and cooked rice.

13. *Siddhathi ennei*

It is given in the dose of ½ to one teaspoonful in morning time only with cow's milk, *nisithanneer* (old rice water), and sweet fennel decoction (Pimpinella anisum – *kudineer*). It causes smooth purging and expels the intestinal worms. It is a good medicine for tape worm infestation. It is given in optimal dose in morning time only for three days.

Diet

Give buttermilk and cooked rice. To stop over purging the burnt ash of Acorus calamus (sweet flag) is given with honey or lemon juice in a single dose.

Seeraga kudineer (decoction preparation of Cuminum cyminum), lemon juice and butter milk may also be used to control purging.

Note

After the treatment for worm infestations, the *chendooram* of *Thirilogam*, *Panchalogam* and or *Navalogam* is given in appropriate doses with any one of the *legiyam* preparations of *Karisalai*, *Vilvathi*, *Mahavilvathi*, (multivit – *legiyam*) in morning and evening, for one *mandalam* (48 days) for *paandu noi*.

It is also indicated in all kinds of '*Paandu Noi*'.

N.B.

Siddhathi ennei cures many kinds of serious diseases: It is a very good medicine for *kavisai* (swelling of abdomen) *sira noi* (diseases of head), *soolai* (throbbing pain), *neerambal katti, malakattu* (constipation), *sori, ranam, kiranthi, megam, vaippun* (stomatitis) *kanerivu* (burning sensation of the eye). *thagam* (thirsty), *vikkal* (hiccup), *satthi gunmum* (peptic ulcer), *araiyappu* (buboes), *payitthiyam, mental disorder), parankki pun* (syphilitic ulcer), *soothagavayu* (dysmenorrhoea), *vali noi, vayu*, *vayittru noi*, *poocchi vettu,* eight types of (peptic

ulcer) *gunmum*, *ṅeri veekkam* (lymphadenitis) and *pavutthirum* (fistula in ano). It gives good results in the cases of carcinoma and *kurai noi.* (Leprosy).

Paandu roga haram (drugs for Anaemia)

Trikadugu (dried ginger, pepper and long pepper), Buffalo buttermilk, goat butter milk, *Mandooram* (Ferric oxide), *Ayam* (Iron), Ceylon lead wort (Plumbago zeylanica) root bark, cow's urine, embelia ribes, castor seeds (Ricinus communis), Honey, *Irumanjal* (Curcuma longa, Curcuma zedoaria), Chebulic myrobalan (Terminalia chebula), Beleric myrobalan (Terminalia bellerica) and Emblica officinalis (Indian goose berry) are drugs given for Anaemia.

Diet

Stomachic and haematenic food items are advised. Apart from these, Agati grandiflora green leaves, and bitter gourd (Momordica charantia) like anthelmintic foods may also be advised. Easily digestable food items generally advised.

In green leaves varieties : (*Keerai*)

1. Eclipta alba.
2. Alternanthera sessilis
3. Amaranthus tristis.
4. Amaranthus gangeticus
5. Solanum nigurm
6. Ipomoea sepiaria (thalikkeerai)
7. *Mulai keerai* (a kind of greens) amaranthus blitum.
8. Portulaca oleracea.
9. Evolvulus marginatus
10. Moringa oleifera (Horse – radish leaves).
11. Moringa oleifera flowers.
12. Musa sapientum flower (Plantain flower).

are the green leaves varieties generally given.

Vegetables

Tender unripe fruits of brinjal (Solanum melongena), plantain, drumstick, Dolichos lablab, Hibiscus esculentus (ladies finger), Trichosanthes anguina (snake gourd), and Luffa acutangula (Ribbed luffa), tomato (Lycopersicum esculentum) and cabbage (Brassica oleracea) are advised generally.

In meat varieties

The meats of goat, and its liver, bone and stomach, quail (corturnix), Indian partridge (perdix orientalis), ullan, pigeon, chicken, and varanus sps monitor are advised. These are nourishing our body besides enhancing haemopoeisis.

Persons who are having the digestive complaints. The gruel and the soup like liquid food items are advised.

The non-veg – soup varieties

Take the goat's liver and cut it into pieces. Add equal amount of water. Boil them until the liver gets cooked. Mix and stir them well. Then filter it. Add one of the fruit juice of grapes (Vitis vinifera), sweet orange, citrus fruit, apple and tomato. This mixture soup is given daily in morning time only.

Another variety

Take the goat's liver and cut it into pieces. Extract the juice by crushing it in the machine (mixture). Collect the extracted juice and add equivalent amount of fruit juice. This mixture is given daily in morning time only. While doing the extraction, don't add water and don't boil the preparation. Warm water may be added if in needs. Daily it is given to enhance haemopoesis and also to improve the health.

Another *Thamaraga kudineer*

Prepare the decoction as per the method described in SVT. (Refer – Page – 293). It is given in morning time only. It is indiciated for Palpitation, weakness and tachypnoea. It also stimulates the haemopoeisis and gives the strength.

Note

The students should note that the medicines for *kirumi* in *paandu noi* (anaemia) and also for a *kirumi* in a kind of *Puzhu marbu noi* are described separately.

Our Research preparations for Anaemia:

4. Anaemia cure or *pandu nivarani* (special).

Take,

		(1 tola 12 gm)
1. *Jeevaloka chendooram*	–	2 parts or 4 tolas.
2. *Aya veeram*	–	1 part or 2 tolas.
3. *Ayakantham chendooram*	–	1 part or 2 tolas.
4. *p.s.m.m. parpam.*	–	2 part or 4 tolas.

All these ingredients are mixed together and bottled up.

Dose

195-325 mg grains may be given twice a day with *Thirikadugu, Pancha deepakkini Chooranam*s or with B.P. stabilizer and honey or with jaundice cure No.II and honey or with general tonic *legiyam* or other suitable *anupanams*.

Uses

Paandu (Anaemia), *sobai* (dropsy), *kamalai* (jaundice) and indigestion are cured. Liver, kidneys, spleen, heart diseases are also well responded too.

23. OODHAL NOI (DROPSY)

In this disease, the blood, its viscosity and the liquidity are increased. It causes the kapha humour excess and the liquefication of blood, resulting in over all oedema.

It cause the deterioration of two other humours and other *vayus*.

The *keelvayu* or *abanan* is decreased and causes disturbances in normal micturition and defaecation. The spreading factor '*vayu*' defacation also causes inadequate blood formation and also insufficient blood circulation.

So, the physician, has to give first the medicines which corrects the derangement of the exceeded humours. Apart from this haematenics, general tonics, decoction *parpam*, *chendooram* and *chooranam* etc, for free micturition and free defaecation should also be given.

Decoction varieties

1. ***Neer mulli* decoction :** (Refer SVT. For preparatory method).

It is given in the dose of 84 ml. in morning and evening It causes free diuresis. So, it is indicated for *Oothal noi* (dropsy) and *Neerkattu* (anuria).

2. ***Neermulli* decoction** : (Another preparation)

Take

1. Whole plant of Hygrophila spinosa – 3 in numbers.
2. Tribulus terrestris (small caltrops plant) – 2 in numbers.
3. Amaranthus gangeticus root. – 10 in numbers.
4. Lagenaria vulgaris (white pumpkin climber) – 2 feet length. (approximately).
5. Decorticated Indigofera tinctoria – One Number

6. Seeds of cucumber (Cucumis sativus) – 70 gm.
7. Dried Emblica fruits. – 1 *thola*.
8. Outer skin of the Terminalia chebula. – 12 gm. (Chebulic myrobalan).
9. Terminalia bellerica – Belleric myrobalan – 12 gm and
10. Water. 2. *padi* (1 *padi* – 1.3 litre)

Pound the ingredients well and add water. Boil the preparation until it reduces into ¼ part. Then filter it.

It is given in the dose of 80 ml, in morning and evening It causes smooth purging and micturition. It is indicated for *Oodhal noi* (dropsy).

The ingredients may be reduced according to the condition of the disease (any of the ingredients could be retained or may be reduced according to the results).

(Acute and chronic interstitial nephritis, ascites, albuminuria and nutritional oedema respond to this decoction exceedingly well). – S.R. Pharma.

Diet restrictions

Avoid salt. Milk, gruel, butter milk and extract of barley water are advised.

3. *Mandoorathi adai kudineer*

It is prepared as per procedure described in S.V.T

It is given in the dose of 2 ounces two or three times a day for *pandu* (anaemia), *sobai* (dropsy), *kamalai* (jaundice) and *magotharam* (ascites)

Diet – avoid salt.

Milk porridge is advised.

4. *Mandoorathi adai kudineer,* and *vellattu neer ooral kiyalam* described under *manneeral* and *kalleeral* (splenic and hepatic disorders) *noi* (chapter – 21.22) are also given for *Oodhal noi* (dropsy).

5. The mixture of the plantain tuber juice (Musa sapientum) and cow's urine each of 84 ml. is given in morning and evening times for diuresis and laxative purposes.

   It cures dropsy. (Manuscript).

6. *Venkara Parpam* decoction

It is given in optimal dose in morning and evening to induce purgation and diuresis. It cures dropsy.

7. Another variety of *venkara parpam* decoction

Take 10 *kazhanju* (1 *kazhanju* –5.1gm) of raw Borax (*venkaram*) and fry. It is given mixed with 280 gm. of coriander seeds decoction (Coriandrum sativum) in morning and evening to induce diuresis and purgation. It cures dropsy. It also acts as cholagogue.

8. Take fried paddy, Dried ginger, pepper and *venkara parpam* in equal amount. Powder and mix them well. It is given in optimal dose in morning and evening with warm water for *magotharam* (ascites) and *oodhal noi* (dropsy). (quotes from 6,7 and 8 *Yoohimuni vaidhya vilakkam* manuscript).

9. *Ooshi kantham ooral kiyalam*

Here we are to use *ooshi kantham chendooram* instead of the one already instructed to use. Take *ooshi kantha chendooram* – 17.5 gm. *Indhuppu* – 35 gm. (Rock salt). Terminalia chebula **unripe fruit skin** - 30 Nos. and buffalo urine –2.600 litre (1 *padi* –1.3litre). Powder the first three items. and allow them to soak in buffalo's urine for one day. Then collect the

urine and filter it. It is given, in the dose of 168 ml. to 252 ml. morning time only for seven days, continuously.

Diet:

Avoid –salt substances. Take 1 *padi* (1.3 litre) – salt and dissolve it in *kuruni* water. Then boil and dry them well. Collect the dried salt and it will be given for seven days after *marupatthiyam*.

Indications

Sobai (dropsy), *peruvayiru* (Ascites), *veppu* (hyper pyrexia), *pavai*, *paandu* (anaemia), and *mahotharam* (manuscript).

***Podi* varieties.** (Powder or *chooranam*).

1. *Alli Kizhangu kalavai podi*

Take the tuber of Dioscorea purpurea. Crocus sativus (saffron flower), Long pepper (Piper longum),Cumin seeds (Cuminum cyminum), Chebulic myrobalan (Terminalia chebula), Belleric myrobalan (Terminalia bellerica), Emblica fruit (Emblica officinalis). Purified Croton tiglium (purgative croton oil seed), Liquorice (Glycyrrhiza glabra), Costus root (Costus speciosus) in equal amount. Aegle marmelos (Bael tree root), Red variety of Achyranthus aspera root, Saraca indica root, Eclipta alba root and Acacia arabica root each of double measures of the above ingredients weight. Pound them well and mix them. Put the mixture in a container and add Ocimum sanctum juice, stir the prepartion well. Allow the container to dry under sunlight and also in night. Every day change the Ocimum sanctum juice a fresh. Do grind the medicine every day with the juice. Collect the dried powder and put it in an air tight container.

Dose:

It is given in the dose of one *palakarai* in early morning and night with sugarcane jaggery. It induces free purging and

diuresis. So it is indicated for *sobai noi* (dropsy) and *magotharam* (ascites). (Ref. Siddha Maruthuvum).

2. *Amuri kadukkai podi*

Take the *perunkadukkai* (a variety of *Soorathu Kadukkai* - Chebulic myrobalan) (700 gms.) and remove the seeds. Pound them well. Now take cow's urine, goat's urine, elephant's urine and camel's urine each of 4 *padi* (5200 ml). Allow the pounded Chebulic myrobalan unripe fruits to soak in the cow's urine, goat's urine, elephant's urine and camel's urine individually. Then allow it to dry under sunlight and powder them. The fried powder of these is given in the dose of 1-2 *varagan* (1 *varagan* 4.2 gm). With warm water in morning only. It causes free purging and diuresis. So it is indicated in *magotharam* (ascites) and *sobai* (dropsy). It also cures dysmenorrhoea and abdominal colic. (Ref-Siddha Maruthuvam).

3. *Neermulli poo chooranam*

Take white variety of Hygrophila spinosa flower, Dioscorea purpurea tuber, Tribulus terrestris (small caltrops), Turpeth root (Ipomoea turpethum), Chebulic myrobalan (Terminalia chebula), Belleric myrobalan (Terminalia bellerica) and Emblica officinalis (Indian goose berry) in equal amount. Dry and powder them well. It is given in optimal dose with the jaggery (prepared from sugarcane) in morning time only. If the condition needs, the medicine may be given in evening too. It causes free purging and diuresis. It is indicated for '*Sobai*' (dropsy).

4. *Mandoorathi podi*

Take purified old *sengal chittam* and *iron chittam* each of 5 *palam*. Powder them well (Ferric oxide) and put them in an earthern vessel. Add the outer skin of the Chebulic myrobalan, Belleric myrobalan and Emblica officinalis unripe fruits each of 10 *palam*. Prepare decoction as per procedure. Boil it once again and allow it to dry under sunlight. Then collect the matter and add cow's urine, Musa sapientum juice, Amaranthus gangeticus juice

one by one and allow the mixture to dry, by keeping it under sunlight. The dried matter is then powdered.

Dose

It is given in the dose of 1 *varagan* (4.2 gm.) in morning time only. It causes free purging and diuresis. It cures oedema (dropsy) and ascites. (Ref-Siḍdha Maruthuvam).

5. *Pasu neer kadukkai pavanam* (manuscript).

Take cow's urine- 4 *padi* and add the pounded Terminalia chebula, (seeds removed) unripe fruits in 100 numbers. Heat them, now add dried ginger powder 20 *kazhanju* (1 *kazhanju* 5.1 gm.), long pepper powder. 10 *kazhanju* and palm sugar candy or palm jaggery-2 *palam*.

Boil the mixture well until it gets certain '*kuzhambu*' state. Allow it to cool. Then cover the vessel with the '*seelai man*' layer and keep it in paddy putam for 10 days. Then collect the '*kuzhambu*' preparation. It is given in optimal dose with one Chebulic myrobalan unripe fruit every day in morning. It causes free purging and diuresis. It is indicated for *pitha sobai, pandu* (anaemia), *vayu*, *moola noi* (anorectal diseases), and *magotharam* (ascites). gunmam (peptic ulcer), *kavisai* (splenic enlargement) and *pilegam* (splenic disorder).

After the above treatment, we have to give iron and Mandooram compounds with the decoction preparations for enhancing haemopoeisis and free diuresis.

1. ***Irumbu pazha karpam* (*Aya jambeera karpam*).**
2. ***Irumbu karisalai karpum* (*Aya Bringharaja karpam*).**
3. ***Karisalai legiyam*.**

These medicines are prepared as per procedure as said in the chapter-22. *Veluppu noi* and given for anaemia (*pandu*), *sobai* (dropsy) and *kamalai* (jaundice).

4. *Siddha mandooram* (*Gunapadam* 2 & 3).

Though the dose of this medicine said as "*kazhanchialavu*" (in the size of Bonducella nut), generally the '*panaedai*' dose is optimal. (488mg.). It is given in morning time only for *paandu* (anaemia), *sobai* (dropsy), *kaamalai* (jaundice) and *peruvayiru* (ascites).

It is also called as "*Irumbu chitta karpam*". Treatment also may be given in evening if the condition needs.

***Parpa Chendooram* preparations**

Aya parpam, chendooram, Aya poonaga chendooram, Ayaveera chendooram, Gantha chendooram. Gantha Aya chendooram. Aya Gantha chendooram. Aya thanga chendooram. Gantha suvarna chendooram. Aya kanthi chendooram, Arumuga chendooram. Vedi Anna bedi chendooram, Seevaloga chendooram. Thiriloga chendooram. Uloga mandoora chendooram, Jalamanjiri, Karpoora silajit parpam, vediuppu chunnam. Venkara chunnam, Nandukkal parpam. Padigara parpam.Venkara parpam, Navacchara kattu parpam, Punarnava mandooram, Panai viraladhiccharam (Ayurveda), *Swarna pavala parpam* - these medicines are given separately or combined with other medicines in appropriate doses according to the signs and symptoms and severity of the diseases with diuretic adjuvants.

It is indicated for *sobai* (dropsy) *pandu* (anaemia), *kamalai* (jaundice) and *peruvayiru* (ascites) etc.

Advised for salt restricted or salt-free diet until the disease is cured.

N.B.

For the preparations of the above medicines, please refer. S.R. pharmacopoeia. Some of the preparations are also said below.

In *sobai* (dropsy) and *peruvayiru* (ascites) diseases, if the digestion and renal functions are normal, *Rasa parpam*, *chendooram*, *Swarnavalai rasa chendooram*, *Sandarasam*, *Sathilinga parpam*, *Savveera parpam*, *Panja sootha chendooram*. *Panja sootha mezhugu*, *Vaan mezhugu*, *Kanagalinga mezhugu* any one of these is given in optimal dose with suitable adjuvants in appropriate time and duration.

Appropriate diet restriction is also advised.

5. *Sarva sankara uppu Parpam* (preparation) -
(Manuscript)

Take Acalypha indica plant and allow it to dry. Then burn the dried plant to ashes. Add 4 measures of urine (to the weight of Acalypha burnt ash) and mix them well. Keep the mixture to stand for three days. Then filter it. Then dry the mixture by keeping it under sunlight. The end product will be a salt form. It is collected and ground with Vitis quadrangularis juice. Then make the ground matter into pills and keep them in a crucible and cover it with the layers of '*seelaiman*'. Calcine this preparation by burning it in '*Muzha pudam*'.

Method

Cow dung fire for calcinations arranged to the height of one and half a feet broad and long. The calcined *parpam* is called as '*Sarva Sankara uppu parpam*'.

Dose

It is given in the dose of 130 mg. in morning and evening with honey or with other suitable adjuvants for *erumal* (cough), *Eelai* (tuberculosis), *Eraippu* (Asthma), *Kaamalai* (jaundice), *Sobai* (dropsy) and *kaphamadaippu* (phlegmatic condition) usually 10 days treatment is enough.

6. *Aya Kantha Chooranam*

(Manuscript – *Yoohimuni Vaidhya Vilakkam*). It is given in one pinch dose in morning time. Dose may be reduced according to the disease condition and it is given in morning and evening for *pandu* (anaemia), sobai (dropsy), *peruvayiru* (ascites) and *vayu* disorder. It causes free purging and diuresis. Take *Rasa Parpam* (Mercury *parpam*), purified Corton tiglium (purgative croton), dried ginger, pepper each of 2 gram, *Aya chendooram*, *Kantha chendooram* each of 8 gram, Terminalia chebula unripe fruit outer skin and kernal of emblica fruit (Emblica officinalis) each of 18 gm. Mix the ingredients well, after they had been minutely powdered.

The mixture is given for *pandu* (anaemia), *sobai* (dropsy), *peruvayiru* (ascites) and *vayu*. It causes free purging and diuresis.

7. *Swarna pavala Parpam*

It is given in the dose of 130 mg. in morning and evening times with Cow's butter or ghee or honey or *Trikadugu legiyam* or *Nellikkai legiyam* or *Perumpoosanikkai legiyam* and or *Maha vilvathi legiyam* for *Erumal* (cough), *Elai* (tuberculosis), *Kaya Noi, Pasiyinmai* (loss of appetite), *Arusi* (loss of taste), *Sobai* (dropsy), *pandu* (anaemia), *kamalai* (jaundice), *Thathu nttam* (spermatorrhoea), *madhu megam* (Diabetes mellitus), *Saruma noi* (skin diseases), *Kuttam* (skin diseases), *Puttru noi* (carcinoma) – (It is an experienced method of our elder Siddha people).

Preparatory method

Take Gold foil (gold leaf) or Gold *parpam*, *chendooram*, *Muthu parpam* (pearl), *Karpoora* silajit *parpam* and *Pavala parpam* in equal weight. Mix them and grind well with rose water or Capsicum annum leaf juice for 2 days. Then make the ground matter into pills and keep them in a crucible. Cover the crucible with *seelaiman*. Calcine the preparation by '*Muzha pudam*' method.

Another method

Take the purified Gold leaf, *Karpoora silajit*, *Muthu* (pearl) and *Nar pavalam* (coral) in equal weight. Then grind them with Capsicum annum leaf juice and make them into '*villai*' (pill). Keep it in a crucible and cover with *seelaiman*. Calcine the preparation by '*Muzha pudam*' method. If the product is not calcined fully, the calcination may be repeated done one or two times. Adjuvants and the indication are also same as for the above preparation. (S.R.Pharma).

8. *Aya Kantha Karisalai urundai* (S.R. Pharmacopoeia) (Spherical piece).

One *urundai* is given in morning and evening for the *paandu* (anaemia), *Sobai* (dropsy), *Kamalai* (jaundice), *Akkinimantham, Kaikalerivu* (burning sensation of the upper and lower limbs) and *kalleeral manneeral noi* (hepatic and splenic disorders). This preparation is also called as '*Kamalai Nivarani*' (For preparation see below No-14).

9. *Seevaloga Chendooram* – Seevaloga mezhugu

Any one of these is given in appropriate doses in morning and evening with suitable adjuvants for *paandu* (anaemia), *sobai* (dropsy), *kamalai* (jaundice), *magotharam* and *neerperuvayiru* (ascites). It improves body strength and weight. Butter, ghee and cheese are used as adjuvants. For obese persons it is given with honey in morning and evening to reduce the body weight. It also enhances haemopoiesis and improves body strength. (Manuscript – very experienced method – S.R.Pharma).

Preparatory method

Take the following:

1. *Aya chendooram* (It has to be prepared as per the procedure said below). - 10 *thola*. (1 thola – 12 gm.)
2. *Kantha chendooram* - 10 *thola*.

3. *Uloga mandoora chendooram* - 10 *thola.*
4. *Pottrilai kaiyan pavanai chooranam* - 10 *thola.*
5. *Chukku chooranam*
   (dried ginger *chooranam*) - 10 *thola.*
6. *Milagu chooranam* (pepper *chooranam*) - 10 *thola.*
7. *Thippili chooranam*
   (long pepper *chooranam*) - 10 *thola.*
8. *Elakkai arisi chooranam*
   (cardamom seeds *chooranam*) - 10 *thola.*
9. *Seeraga chooranam*
   (cumin seeds - *chooranam*) - 10 *thola.*
10. *Lavangam chooranam*
    (clove –*chooranam*) - 10 *thola.*
11. *Keezhkai nelli samoola chooranam* - 10 *thola.*

mix the ingredients of No.1 to No.4. Then pound the remaining ingredients well. Then grind them with Eclipta prostrata juice for 3days. Then allow them to dry under sun light. Mix the powder with the compound prepared above. (Mixture of No.1 to No.4 ingredients). This mixture is called as "*Seevaloga chendooram* ".

Dose:

It is given in the dose of 650 mg. to 1.3 gm. in morning and evening with honey or ghee or butter with another adjuvant for the diseases said above.

Note:

1. *Seevaloga chendooram* is ground with equivalent amount of palm jaggery until it gets "*mezhugu. patham*". It is given in the dose of one or two Solanum torvum fruit size in morning and evening. This preparation is called as "*Seevaloga mezhugu*"

2. This is a good specific medicine for acute and chornic nephritis and in nutritional oedema (*visha sobai*). When

this *seevaloga chendooram* is given along with *Vengkara chunnam* or *Vediuppu chunnam*, *Loga mandooram chendooram*, *Vedi annabedhi chendooram*, *Karpoora* silajit *parpam* No –2 or No –4 and Ascites cure *chooranam* or decoction in proper and suitable doses 2 or 3 times a day with salt free diet.

10. ***Aya Chendooram***

(Special process added to the preparation of *Seevaloga chendooram* and *Seevaloga mezhugu* – (Manuscript).

Preparatory method

Take the purified Iron powder –1/2 *veesai* (2 *palam*) and powder it. Add '*Ganthaga thiravagam*' (Acidum sulphuricum) –4 ounces and mix them well. Allow the mixture to dry under sunlight. Collect the dried matter and grind them with Eclipta prostrata juice for 2 days. Allow it to dry under sunlight.

Collect the dried matter and grind it once again with 4 ounces of Acidum sulphuricum for 2 or 3 days. Make the ground matter into '*villai*'(pills). Put the '*villai*' in a crucible and cover the crucible with the layers of '*Seelai man*'. Calcine this preparation in a pit with cow dung cakes. Collect the calcined powder and grind it with Eclipta prostrata juice and calcine the ground matter again for 2 times. (This time the calcined powder is not needed to be ground with Acidum Sulphuricum).

Dose

It is given in the dose of 130mg. – 260mg. in morning and evening with suitable adjuvants for *pandu* (anaemia), *kamalai* (jaundice), *manthakkini* and *vayu*. It stimulates appetite and improves digestion. This *aya chendooram* is an ingredient of *Seevaloga chendooram*.

11. *Ooshi Gantha Chendooram*

(Special process added to the preparation of *Seevaloga· chendooram* and *Seevaloga mezhgu*) – (Manuscript).

Preparatory method

The preparatory method is same as for *Aya chendooram*. Take purified *ooshi gantham* (magnatite) – 2 *veesai* (20 *palam*) and pound them well. Then grind them with 4 ounces of Acidum sulphuricum mix them well and allow it to dry under the sunlight. Collect the dried matter and grind it once again but with Eclipta prostrata juice for 2 days. Then allow it to dry under the sunlight. Then powder it and again grind it, with Acidum sulphuricum – 4 ounces.

Allow the mixture to dry under the sunlight. Collect the dried matter and grind it with Eclipta prostrata juice for 2 or 3 days. Collect the ground matter and make it into '*villai*'. Put the '*villai*' in a crucible and cover the crucible with the layers of '*seelaiman*' cakes. Collect the calcined *chendooram* and grind it with Eclipta prostrata juice done before. And calcine the ground matter two times as also done before. (No need to add the Acidum sulphuricum this time for calcination purposes). It is also used separately. It is one of the ingredients of *Seevaloga mezhugu*. The dose adjuvants and the indications are all same as for *Aya chendooram*, if it is going to be used separately.

12. *Uloga mandoora Chendooram*

(Special process added to *Seevaloga chendooram* and *Seevaloga mezhugu*). (Manuscript).

Take the purified *Uloga mandooram* (Ferroso ferric oxide)- 1/2 *veesai* (20 palam) and pound them to powder. Then grind it with Eclipta prostrata juice for 2 or 3 days and make it into '*villai*'(pills). Put the *viḷlai* in a crucible and cover the crucible with the layers of '*seelaiman*'. Allow the crucible to dry and calcine

it, in a pit with 800 cow dung cakes. Collect the calcined *chendooram* and weigh it.

Collect the prepared *chendooram* and grind it with Eclipta prostrata juice for 2 or 3days and make the ground matter into 'villai'. Allow the 'villai' to dry. Put the 'villai' in the crucible and calcine it in the pit with 800 cow dung cakes. Do calcination three to four times. Collect the final product. It is useful as one of the ingredient in the preparation of *Seevaloga chendooram* and *Seevaloga mezhugu*. It is also used separately in the same dose of *Aya chendooram* and *Gantha chendooram* for which diseases they are given with what kind of adjuvants.

13. *Pottrilai Kaiyan pavanai chooranam*

Special process for being added to the preparation of Seevalogha *chendooram* and *Seevalogha* mezhugu (Manuscript). Take the required amount of Eclipta prostrata plant and allow it to dry in the shady place. Powder the dried Eclipta alba and filter it with a clean cloth.

Take the powder in the amount of 20 *palam*. (1 *palam* – 35gm.) and grind it with Eclipta prostrata juice for 2 or 3 days. Then allow it to dry under sunlight. Powder it once again, and also grind it with Eclipta prostrata juice for 2 or 3 days.

Repeat the process again (totally the powder should be ground 3 to 5 times with Eclipta prostrata juice). Collect the last dried marter and powder it. Keep the powder in an airtight container. This powder is useful in the preparation of *Seevaloga mezhugu* or *Seevaloga chendooram*. It may also be given separately in one pinch dose, morning and evening with suitable adjuvant for *paandu* (anaemia), *sobai* (dropsy) and *kamalai* (jaundice) (It is a brain and liver tonic).

14. *Aya Kantha Karisalai Urundai*

Take the following:

(i) *Aya chendooram*

(ii) *Kantha chendooram.*

(iii) *Mandoora chendooram.*

(iv) *Pottrilai kayan pavanai chooranam* and

(v) Fried *Milagu chooranam* (pepper). Mix them well and grind the mixture with Eclipta prostrata juice for 3 days. Then make the ground matter into Solanum torvum unripe fruit size tablets. Allow the tablets to dry in the shady place. Then collect the tablet and keep them in an air tight container.

Dose:

One tablet is given in morning and evening with ginger juice, honey and sugarcandy for 12 days. It is indicated for *manjal noi* (jaundice), *veluppu noi* (anaemia), *oothal noi* (dropsy), *peruvayiru* (ascites), *kalleeral*, *manneeral noi* (hepatic and splenic disorders), *vayu*, *akkini mantham* and *kaikal erivu* (burning sensation of the upper and lower limbs). It is called as '*Kamalai Nivarani*'. Some other adjuvants are also used with this preparation.

Diet:

In jaundice salt free cooked rice and butter milk are advised generally. Medicines are given in alternate days. After the treatment is over, *Mukkoottu ennei* head bath should be taken.

15. *Ayam Kenthi Chendooram*

It is given in the dose of 130mg. in morning and evening with suitable adjuvants for *paandu* (anaemia), *sobai* (dropsy), *kamalai* (jaundice), *saruma noi* (skin diseases), *kirani* (dysentery) and *vayu*.

Preparatory method:

Take purified Iron powder – 1 gm. And purified *Ganthi* (Sulphur) – 3 gm. Pound them and powder them well. Add *Kalchunna neer* (Limestone water) and grind them for 7 days. Allow the ground matter to dry. Then powder the dried matter and roast the powder (moderate fire). Collect the powder.

16. *Kantha Aya Chendooram*.

It is given in the dose of 130mg. in morning and evening with suitable adjuvants for *pandu* (anaemia), *sobai* (dropsy), *akkinimantham*, *vayu, vadha noi* and *thathu nattam* (spermatorrhoea).

Preparatory method (S.R. Pharma).

Take purified *Rasam* (mercury)	-	1 gm.
Purified *Genthi* (sulphur)	-	2 gm.
Purified *Ayapodi* (Iron powder)	-	2 gm.
and purified *Kantham* (magnetite)	-	4 gm.

Powder the above ingredients and mix them well. Add Aloe juice (Aloe vera juice) and grind the mixture for 3 days. Collect the ground matter. Take a crucible, specially used for the burning purpose. Beat the ground matter in order to give '*Villai*' shape at the base of the crucible (earthern vessel). Burn the crucible as per the procedure followed for *Arumuga chendooram*. Collect the effervescence and grind it with the aloe juice. Then calcine the ground matter. Totally the calcination process may be done three times ie. until product gets completed. Collect the end product (effervescence) which might be in Moringa oleifera flower colour. For these kinds of *Gantham, Ayam, Aya gantham* and *chendooram* the multiple times of burning method is advised. *Chendooram* may be very potent, if the burning process is repeated again and again until the '*Rasam*' does not effervesce.

17. *Vitthu Vagai Chooranam* : *Vitthu Vagai legiyam*

Any one of these is given in appropriate dose in morning and evening times with suitable adjuvants to induce diuresis in *sobai and neer peruvayiru noi* (dropsy and ascites). It also gives body strength and sexual rejuvenation. It cures neer *surukku, vellai* and *vettai* (oliguria, white discharge and gonorrhoea). It is

indicated for gonorrhoea specifically. In which diseases the patient's urine is floated with some kind of oily matter.

Preparatory method: (Manuscript).

Take the follwoing:

(i) Flour of black gram (Phaseolus roxburghii)

(ii) Gingelly seed powder (Sesamum indicum)

(iii) Muncuna pruriens seeds powder (cowicth plant seeds powder)

(iv) Hygrophila spinosa seeds powder.

(v) Curculigo orchioides tuber powder (Black musale powder)

(vi) Asparagus racemosus powder in each of 1 palam.

(vii) Dried ginger powder.

(viii) Pepper powder (Piper nigrum).

(ix) Long pepper powder (Piper longum) in each of ½ palam

(x) White sugar – ½ palam.

Mix the ingredients well. This mixture is called as "vitthu vagai *chooranam*".

Dose

One pinch dose is given twice a day with honey or tender coconut water and or milk for the diseases said above. *Legiyam* may also be prepared as per procedure by adding the following ingredients appropriately.

Tender Coconut water	-	168 ml.
Ghee	-	168 ml. and
Good quality of honey	-	40 ounces.

The *legiyam* is given in the dose of Emblica fruit size for the diseases said above. It is very experienced medicine.

18. *Sobai Urundai* (S.R.Pharma).

One spherical *urundai* is given in morning and evening for *sobai* (dropsy), *pandu* (anaemia), *kamalai* (jaundice), *neer peruvayiru* (ascites) and albuminurea. It is very effective in cirrhosis of the liver.

Drugs given for *'Sobai' noi* (dropsy).

Trianthema decandra, galangal (Alpinia galanga), goat's urine, goat's dung, Gynandropsis pentaphylla (caravalla seeds), Evaccharam (potassium carbonate impura), cow urine, Plumbago zeylancia (Ceylon lead wort), Clitoria ternatea, Croton tiglium (purgative croton seeds), *pancha kolam* (the five characteristic official drugs viz. dried ginger, long pepper, long pepper root, black pepper creeper, Ceylon lead wort - Plumbago zeylanica), Turmeric (Curcuma longa), *Manipungan* seed (Soap nut tree), *Tasa moolam* (Solanum xanthocarpum) lesser variety of Jasminum sambac, Solanum melongena (Brinjal), Clerodendron phlomoides, Tribulus terrestris (small caltrops), Stereospermum chelonoides (trumpet flower tree), Greater variety of Jasminum sambac, Aegle marmelos, Gmelina arborea, Albizzia lebbeck, Gratiola monieri, ginger (Zingiber officinalis), Pavetta indica leaves, Kuzhambu more, Hygrophila spinosa, Crotalaria laburnifolia (Round rattle wort), Allium sativum (Garlic), Cedrus deodar (Himalayan cedar), Azima tetracantha root, wild bitter kind ground (Luffa acutaugula), Ipomoea turpethum (Indian jalap) root, Terminalia chebula (Chebulic myrobalan), Cadaba indica and Iron powder are the notable drugs given for *sobai noi* (dropsy).

24. MANJAL NOI
(JAUNDICE)

Treatment

In *manjal Noi* '*Azhal* humour' is increased by the bilious food items. Increased '*Azhal*' which is also accompanied by '*Kapha*' effects the *Viyanan* functions (spreading factor). In this way it causes blood disorders. It also increases the bilirubin level in blood by affecting the liver. It is the etiology of *'Manjal noi'* in Siddha Maruthuvam.

Generally, this disease is caused by the defection of '*Vali*' which appears as '*Azhal Vali*'. Besides the defection of '*Viyanan*' all other '*Vali-Kal*' also will be affected. So the physician should correct the exceeded '*Azhal Vali*' humours, and also reduce the serum level of bilirubin to normal. Haematonics are also advised to improve the blood deterioration. Defected '*Viyanan*' and other '*Vayu*' should also be normalized to do their functions properly. Then the medicines will be given for disease. *(Manjal Noi).*

Though the induction of vomiting is advised in Siddha Maruthuvam, it is not usually followed since vomiting appears as one of the symptoms (or vomiting already present as one of the symptom) in *Manjal Noi*. '*Elagu viresana*' tablets are given for smooth purgation. Decoctions prepared from Chamomile flower (Chrysanthemum indicum – a variety of), tender flower of Rosa damascena (persoin rose), Vitis vinifera (grapes), Cassia fistula bark, leaves and flowers, Phyllanthus niruri, Tripala (Chebulic myrobalan, Indian gooseberry and Belleric myrobalan), Picrorrhiza kurroa, Turpeth root (Ipomoea turpethum), Hygrophila spinosa flower, neem flower (Azadirachta indica), Tinospora cordifolia and Tribulus terrestris (small caltrops) are given to induce smooth purging.

Moola kudori ennei is given in the dose of one teaspoonful, mixed with milk in night time only, especially before rest in bed. It causes smooth purging in the next day morning.

Mala kudori mezhugu is given in the dose of bonducella nut size, in night time only. (before rest in bed). It causes smooth purging.

'Sweet purgative *mezhugu*' preparation is also given in the dose of Solanum torvum fruit size or 'sweet purgative *legiyam*' preparation is given in the dose of Emblica fruit size in night only. It also induces purgation in the next day morning. (Treatment may be continued in the next day morning and evening, if the condition needs).

If the above medications have not given expected results, two '*Sanjeevi* tablets' will be given in morning time with warm water in paediatric cases.

In adults, 2 tablets of (i) *Vacchira kandi mathirai* or (ii) *Astabairava mathirai* or (iii) *Sugaviresana* tablets or (iv) *Seevarathina kuligai* or (v) *Viresana kuligai* and or (vi) *Lavankathi mathirai* will be given in morning time only with warm water. It causes smooth purging.

Drugs given for induction of both vomiting and purgation.

i. *Sanjeevi* tablet is given with Euphorbia nerifolia milk juice. It causes vomiting and purging two or three times. It also acts as cholagogue.

Another preparation – *Marukkarai chooranam*

ii. Take tender unripe fruits of Randia dumetorum (emetic nut) and allow it to soak in lemon juice and Euphorbia nerifolia juice, individually for 2 days. Then collect the nut and allow it to dry. Powder the nut. It is given in the dose ½ to 1 *chittigai* ½ to one pinch dose – (the amount,

to be held in a tight grip between the thumb and finger) in morning time only. It causes both purging and vomiting.

KINDS OF KALKAM

Kalkka vagai (*Kalkkam varieties.*)

The '*Kalkam*' preparations of Tinospora cordifolia or Eclipta alba or Phyllanthus niruri or Indigofera asphalathoides (wiry indigo) or Terminalia chebula or Tribulus terrestris (small caltrops) and or Cassia fistula flower leaves, bark may be given to induce purgation.

Decoction preparation

(i) The juice of Phyllanthus niruri is taken in the dose of 168 ml, mixed with 8-10 *varagan* of Magnesium sulphate. Heat the juice with little fire until the salt gets dissolved and filter it. It is given in morning time only to induce vomiting and purgation. It also acts as a cholagogue.

Another preparation

Take Hygrophila spinosa flower, neem flower (Azadirachta indica flower), Tribulus terrestris, Chebulic myrobalan (Terminalia chebula), Belleric myrobalan (Terminalia bellerica). Dried fruits of Emblica officinalis and Turpeth root (Ipomoea turpethum) in equal amount, Add 8 parts of water to the total weight of the ingredients. Boil this preparation until it reduces into 1/8 part and filter it. It is given in optimal doses in morning and evening for *kamalai (jaundice)*.

Another preparation

Take common Cassia fistula bark, neem bark (Azadiracta indica), Emblica officinalis bark (Indian goose berry plant), Berberis aristata (maramanjal). Curcuma longa (Turmeric), and Picrorrhiza kurroa in equal amount. Prepare decoction as per procedure. It is given in optimal doses in morning and evening for *kamalai (jaundice)*.

Parpam chendooram preparations in Siddha maruthuvam.

1. *Irumbu kitta chendooram.*
2. *Irumbu chendooram.*
3. *Karpoora* silajit *parpam.*
4. *Vediuppu chunnam.*
5. *Navacchara chendooram.*
6. *Inthuppu chunnam.*
7. *Kalamega narayana chendooram.*

These kinds of *parpam*, *chendooram* and *chunnam* preparations are given lonely or combined with other drugs in optimal doses with suitable adjuvants in morning and evening for *kamalai noi (jaundice).*

This medicine may also be given with a decoction preparation which acts as cholagogue if the condition needs. Or it is given with mixture of Phyllanthus niruri juice and 1 to 2 *thola* of Magnesium Sulphate (add and filltered mixture).

Diet

Salt – free – diet should be followed. Gruel food is given and sour and salt substances should be avoided. Two times boiled rice food may be given. Oil, ghee, butter like fatty substances should be neglected. Fresh green vegetables (tender unripe fruits, green leaves, fruits) without fried with oil, mustard etc. are advised. Goat's milk, cow's milk, sugar, are allowed to take. Smoking, tobacco chewing and intoxicating substances should be avoided.

Special Siddha medicines for infective hepatitis (jaundice).

For *Manjal noi* (jaundice)

1. *Keelkai Nelli karpam*

Take Phyllanthus niruri whole plant – ¼ *palam* or the ground matter of Phyllanthus niruri plant, Curcuma longa, and cumin seeds (Cuminum cyminum) each of 4 *chittigai* (1 pinch dose). Mix them

with cow's milk or butter milk or (Buffalo) – buttermilk or goat's milk twice a day for 3 to 5 or 7 days.

Salt – free diet is advised. Patient may be allowed to take bath every day if there is no fever.

N.B.

Some persons are using the burnt turmeric instead of Curcuma longa powder. Also they add onion with Curcuma longa while grinding. It also gives good results.

Karisalai karkam and *Avurielai karkam* (Indigofera tinctoria leaves) are also given for *Manjal noi.*

Another preparation

2. Take Phyllanthus emblica plant-4 numbers, Cardamom seeds (Elettaria cardamomum), cumin seeds (Cuminum cyminum) and turmeric powder) (Curcuma longa) each of 1 *kasedai*. (4.2 gms). Grind them with cow's milk. The ground matter is given in morning and evening with milk, or butter milk. Allium cepa (Onion) bulb is also added with the above ingredients.

Note

This medicine is given with 336 ml. of curd, (buffalo's) butter milk and or (*sanappal*) buffalo dung milk, goat's milk or buttermilk are also used as adjuvants. Salt – free diet is advised.

Note:

Sanappal:

The extracted liquid of fresh buffalo dung, by squeezing in a cloth, is known as "*sanappal*". It should be mixed with equal amount of buttermilk.

3. *Avurielai karkam* – (Another preparation)

Take Indigofera tinctoria leaf and grind it well. Mix the ground matter with cow's milk. This mixture is given twice a day.

4. Another preparation

Take one tender coconut and make a hole in it. Put four Strychnos potatorum nuts into the hole. Keep the coconut to stand for a night. Collect the nuts and grind them well. Mix the ground matter with the tender coconut water. It is given in every morning time only for 3-5 days. Follow salt – free diet.

5. Another preparation

The mixture of ground Cassia auriculata root bark in the size of lemon fruit with coconut milk is given in morning and evening for 3 days. Follow salt-free diet.

6. Special medicine for jaundice with hepatic and Spleen enlargement.

(Biliary Cirrhosis of liver).

Take *Rasa parpam* which is prepared in high process. It is given in the dose of ½ to 1 grain, inserted in the palm jaggery or in the empty gelatin capsule twice a day. It is immediately followed by *Nelli karpam* or *Avurielai karpam* – cow's milk mixture.

Treatment should be given according to the conditions of the patient and severity of the disease.

It cures jaundice and also reduces liver enlargement.

7. Take the juice of Raphanus sativus leaves (Indian radish leaves) and mix it with equal amount of cow's milk. This mixture is given in morning and evening for 3 to 5 days. It is indicated for *Manjal noi* (Jaundice). Follow salt-free diet.

8. Another preparation

Treatment for *kamalai* (jaundice) – Reference – *Yuhimunivadha vaidhya vilakkam*). (Manuscript).

Take cow's milk and Phyllanthus niruri juice in equal amount and mix them well. This mixture is given in morning and evening in the dose of 4 ounces for *Kamalai noi.* (Jaundice).

Regimen : Salt free diet.

9. Another preparation : Take Tender leaves of Ricinus communis.

Collect the leaves and pound them well. Extract juice by squeezing. Add equal amount of goat's milk. This mixture is given weekly once (Sunday preferably) in the dose of 168 ml. It is given especially in the early morning. It is used prophylatically and also therapeutically for jaundice.

Regimen : Salt free diet.

Goat's milk and cooked rice may be given. The next day salt may be allowed to be taken (manuscript).

10. '*Kamalai Undai*' is a good medicine for *Varal kamalai noi* which is accompanied by *sobai* (dropsy).

Take Eclipta alba leaves one handful amount, black cumin seeds (Nigella sativa), Long pepper, Pepper and garlic each of ¼ *palam*. Grind these ingredients as per procedure and make the ground matter into Solanum torvum fruit sized tablets. Allow the tablets to dry. Keep them in a container and fill the container with gingelly oil and keep it under sunlight for 3 days.

One tablet is given in morning and evening for *Varal kamalai* which is accompanied by dropsy. Avoid salt and tamarind substances.

11. *Keelkai Nelli Nei*

Take Phyllanthus niruri juice – 1 padi (1.3 litre) cow's ghee – 1 *padi*, Cubeba officinalis (*Valmilagu*), Myristica officinalis (nut meg) and Cardmom seeds each of ½ *palam*. Grind them with milk. Put them in a container and boil them until it loses the moisture. Then filter it. It is given in the dose of one teaspoonful in morning and evening for *kamalai noi*. (jaundice).

Regimen : Salt free diet. (manuscript).

12. *Karisalai Nei*

Take Eclipta alba juice – 1 *padi*, cow's ghee – 1 *padi*, *Trikadugu* (Dried ginger, pepper and long pepper) – 1 *palam*, Hyoscyamus niger (Henbane seeds) – ¼ *palam*, and *Valmilagu* – ½ *palam* (Cubeba officinalis), prepare the *nei*, as per procedure followed above. Then filter the nei preparation. It is given in morning and evening, in one teaspoonful dose for *'Varal kamalai'noi*.

Follow – Salt free diet.

Haematonics and alterative drugs

Ayajambeera karpam, *Ayabirunga raja karpam*, *Aya gantha karisalai undai*, *Seevaloga chendooram*, *Seevaloga mezhugu*, *Karisalai legiyam*, *Chitta mandooram* are said for *paandu* (anaemia) and *sobai* (dropsy) *noi*. These are also indicated for *kamalai* (jaundice) *noi*. Apart from these *parpam*, *chendooram* preparations of *Gantha Ayam*, *Ayaveeram*, *Aya Gantham*, *Muthu*, *Aya thangam*, *Gantha Swarnam*, *Swarna pavalam*, *Swarnam*, *Nar pavalam*, *Kodi pavalam*, *Loga mandoorum*, *Muthuchippi*, *Palagarai*, *Karpoora silajit* and *sangu* (conch shell), *Suyamakkini chendooram*, *Navaloga chendooram*, *Triloga chendooram*, *Siddhar navaloga karpam*, *Arumuga chendooram*, *Annabedi chendooram*, *Vanmezhugu*, *Kanagalinga mezhugu*, *Abharanjee rekku mezhugu* - any one of these given lonely or combined with other drugs in appropriate doses with suitable adjuvants for *paandu* (anaemia), *sobai* (dropsy), and *kamalai* (Jaundice). It also improves haemopoeisis and body health. (Refer to S.R. Pharma for preparations).

13. *Thiratchai kudineer*

Special preparation for *kamalai noi* in the Siddha research lab at Coimbatore is very popular giving appreciable effect.

Take the following:

(i) Angoor variety if grapes (Vitis vinifera) removed stalk – 60 gm.

(ii) Cardamom (skin included) – No. 30.

(iii) Cumin seeds – 1 teaspoonful.

(iv) *Valmilagu* (Cubeba officinalis)- ½ teaspoonful.

(v) Rose petals (green and fresh) – 6 Nos.

(vi) Phyllanthus niruri root (No.10 to 12 green) and

(vii) Water – 2 *padi*

Put the ingredients in a container and boil them until it reduces into ¼ part. Then filter it. It is given in the dose of 3 to 4 ounces in 2 or 3 times a day with little sugarcandy for 3 to 5 days. It is indicated for *kamalai* (jaundice). It is a very good experienced medicine. It could be used as adjuvant with other *parpam*, *chendooram* preparations for *kamalai noi*.

Karpoora silajithu parpam – No.1 or No.2 – may be given along with this decoction for *kamalai* (jaundice) *noi*. Salt – free diet is advised.

14. The following *parpam* and decoction are given for fever, jaundice which are accompanired by liver enlargement.

i. Take *Pavala parpam*, prepared using of Phyllanthus niruri or Solanum nigrum and or Eclipta alba plant – 1 gm.

ii. *Karpoora silajit parpam*, *Mankombu parpam*, *Sangu parpam* which are prepared using of Phyllanthus niruri plant and *Aya mandoora chendooram* prepared using of Eclipta alba each of 2 or 2½gm.

iii. *Sornavalai rasa chendooram* – 1 gm.

iv. *Lingakattu chendooram* – 1 gm. And

v. Good quality of *Kasthoori chendooram* – 1 gm. Mix the ingredients well. This mixture is given in the dose of 2 to 4 *chittigai* with equal amount of

vi. *Kamalai Nivarana podi* – No.2 or 2A – in morning and evening mixed with honey. It is followed by decoction, said below or the *Thiratsathi kudineer*. It relieves all the symptoms. Fever also will be reduced. It normalizes the excretion of stools and urine.

Kamalai noi, will be cured and it also reduces hepatic enlargement.

It is very potent medicine. It has to be prepared very carefully.

Decoction preparation

Take the following:

1. Phyllanthus niruri whole plant – 4 or 5 Nos.
2. Evolvulus alsinoides – one handful.
3. Eclipta alba – one handful
4. Cumin seeds, cardamom seeds, Smilax chinensis and Costus root in each of – ½ *thola* (6 gm.)
5. Angoor variety of grapes. (Vitis vinifera) – 3 *thola*. (1 *thola* – 12 gm).
6. Water – 1 *padi* (1.3 litre). (Madras measure).

Put them in an earthern vessel and boil them until it reduces in to ¼ part and filter it. It is given in morning and evening in the dose of 84 ml.

Note

During medication, tamarind and salt substances should be avoided. Buttermilk, cooked rice and milk porridge may be given.

Diet restriction will have to be followed for same duration after the medication. After that '*Oma* water bath' (Ajowan seeds water bath) will be taken once. It should be followed by the *Panchakarpa water bath* or white pepper – water bath in three times.

The following oil preparations may be used for head bath weekly once after the above medicament.

It reduces 'warmness' of the body which is caused by *kamalai noi.* It also strengthens the body.

Thailam preparation

Kilkkai Nelli thailam **– preparation**

Take gingelly oil – 336 ml. *Kilkkai nelli* ver (the root of the Phyllanthus niruri), Black cumin seeds, and cumin seeds each of ¼ *palam*. Grind them with cow's milk and boil them well until it attains the '*thaila*' *patham* (state). Then filter it. It is very much useful for head –bath purpose.

(or)

(i) Another *thailam*
(which is prepared with Phyllanthus niruri juice).

(ii) *Karisalai thailam.*

(iii) *Kariya Nellikkai thailam.*

(iv) *Vettiver thailam.*

(v) *Arakku thailam.*

Any one of the above may be used for head – bath.

(vi) *Maha santhanathi thailam* or *Pancha karpa* –head-bath. Head-bath is very much useful and good too.

15. '*Nasiyam*' for '*Manjal kamalai*' (Jaundice)
(manuscript)

Take Luffa acutangula seeds and powder them. Keep the powder in a cloth (with tied) and allow it to soak in breast milk.

Extract the juice and apply it into the nostrils by squeezing. It is applied three times a day for 6 days.

It is indicated for chronic *kamalai* (jaundice).

The nasal discharge will be in yellow colour. In diet, fried salt may be added. Avoid tamarind. Follow diet restriction once in 15 days. Take warm water, head-bath on the 7th day of the medication. Avoid sexual intercourse for 48 days.

16. Another preparation

'*Nasiyam*' and internal medicine for jaundice.

Take Feronia elephantum leaves and extract juice by squeezing. It is applied drop by drop into the nostrils, daily in morning time for 2 days. '*Kamalai*' (Jaundice) will be cured within 2 days.

Take the mixture of tender Ricinus communis leaf juice and goat's milk each of ½ to 1 *alakku* (84 ml. to 168ml.). It is given in morning time only as a single dose, which causes purging. It also excretes the excessive bile, by which '*Kamalai*' (Jaundice) will be cured.

Diet restriction

Avoid tamarind and salt substances on the day of taking medicine. Boiled rice gruel may be taken in night. Next day, tamarind and salt are allowed to be taken.

On third day, '*Mukkoottu ennei*' is used for head – bath.

It is indicated for *kamalai noi.* (jaundice).

17. '*Pacchilai kattu*' for *manjal kamalai* (jaundice).

Collect the leaves of Gynandropsis pentaphylla (Manuscript) or Crataeva religiosa in Tuesday or Sunday after it had been fumigated by the burning incense (like used in rituals) by chanting '*Namashivaya*', '*Lasi-Nasi*' *mantram.* Crush the leaves and tie

them with mud shell or '*Thutta kalam*'. Then tie the crushed leaves with *thutta kalam* or with the mud shell around the right arm in males and left arm in females. It causes very much pain. Remove the knot, on the next day. Skin will be blistered and ulcerated. Apply the mixture of castor oil and turmeric powder on the lesion. The ulcer or the blister will be healed with in 16 days. It cures *kamalai* (jaundice). All the food items may be allowed except '*Karappan*' food items. *Karapan* foods should be avoided in all the days during medication.

Kamaalai Haram **: (Drugs given for Jaundice)**
(Ref. Satha sulogam).

Dried ginger (Zingiber officinalis), Trichosanthes cucumerina (wild snake – gourd), Liquorice (Glycyrrhiza glabra), Emblica officinalis (Indian gooseberry), Amaranthus gangeticus, Santalum album (Sandal wood), Eclipta alba, costus speciosus (Costus root) and Acalypha indica, are given with the butter milk of Buffalo or goat, Tinospora cordifolia, Phaseolus mungo (Green gram), milk, ghee, deer's horn, Phyllanthus niruri, Asparagus racemosus, Plumbago zeylanica (Celyon lead wort), wearing '*Nadumani*' in the arm and wearing sacred ashes for protection (*Ratchai*) are all useful in jaundice (*kamalai*).

1. *Kamalai* medicine No.1 (Jaundice cure No.1)

Take the following :

(i)	P.S.M.M. *parpam*	-	8 *thola* (1 *thola* - 12 gm).
(ii)	*Seevaloga chendooram*	-	4 *thola*
(iii)	*Aya veeram*	-	2 *thola*
(iv)	*Gantha chendooram* – No.2	-	2 *thola*
(v)	*Vedi annabedhi chendooram*	-	4 *thola*

(vi) *Uloga mandoora chendooram* - 4 *thola* and

(vii) *Karpoora silajit parpam* - 8 *thola*

Mix the ingredients well. This mixture is given in 5 to 10 grain dose in morning and evening mixed with equal dose of *kamalai podi* No.2. This mixture of drug is usually given mixed with honey. '*Thiratchathi kudineer*' may be given as an adjuvant in 2 or 4 ounces dose added with sugarcandy.

N.B.

Thiratchathi kudineer is already mentioned in this chapter under item 13.

Uses

It is useful for *pandu* (anaemia), *sobai* (dropsy), *kamalai* (jaundice) and hepatic diseases. (this is worthwhile trying in infective hepatitis). All severe types of jaundice in children and adults, biliary lithiasis and hypertrophy of the liver with jaundice are cured by this.

2. *Kamalai podi* (Jaundice Cure No. II)

Take the following :

(i) Eclipta abla – plant – *chooranam*. (for the preparatory method see belown).

(ii) Phyllanthus niruri – plant – *chooranam*. (for the preparatory method – see below).

Mix them well. This mixture is given in the dose of ¼ to ½ teaspoonful in 2 or three times a day with cow's milk or butter milk or goat's milk and or butter milk (goat). It is also given, mixed with honey.

The *kamalai podi* No.1 may also be used with other *parpam chendooram* preparations as base medicine. It gives good result in hepatic and splenic diseases. Preparations of *pottralai kaiyan pavanai* and *keelkkai nelli pavanai* are mentioned below:

Note

1. *Potrilaikaiyan* whole plant is secured in plenty, dried in shade, powdered, rubbed with *Potralai kaiyaṇ* leaf juice for 3 days. Pills are made and dried in the Sun. This process of rubbing the *chooranam* with the same juice and drying is repeated 3 times on the whole. This kind of *Potralai kaiyan samoolam chooranam* is used in the above process.

Note

In 'Ascites cure' also medicines with the above type of ingredients are better used. (Refer to No.4 below special treatment in *kamalai* (jaundice) with hypertrophic cirrhosis of the liver).

Jaundice cure – No. II (a)

Take Jaundice cure No.II – 1 part

Avuri leaves *chooranam* – ½ part.

Mixed well and bottled up. Dose and uses are the same as that of jaundice cure No. II.

3. Kamalai podi – (Jaundice Cure No. III) (S.R. Pharma)

Take the following:

(i)	The burnt ash of turmeric (Curcuma longa).	-	1 gm.
(ii)	The fried and powdered *Valmilagu* (Cubeba officinalis)	-	1 gm.
(iii)	The powder of fried cumin seeds (Cuminum cyminum).	-	1 gm.
(iv)	Powdered sugarcandy	-	4 gm. and
(v)	*Karpoora silajit parpam*	-	1 gm.

Mix them well. The mixture is given in the dose of 10-15 grains, daily 2 or 3 times, with cow's milk, or goat's milk, or honey and or orange juice for *kamalai noi*. This preparation is also given along with *kamalai* medicine No.1 like *parpam*, *chendooram* preparations as base or accessory medicine for *kamalai* (jaundice), *paandu* (anaemia), *sobai* (dropsy) and hepatic diseases.

4. Hypertrophic cirrohosis of liver with jaundice cure or *Valappatteeral viruthi noi* and *Kamalai Nivarani* or **Jaundice cure No. IV.** (Special - S.R. Pharma).

Take the following:

(i)	P.S.M.M *Parpam*	- No. 11 - 1 part.
(ii)	*Jeevaloga chendooram* or *Aya kantha chendooram*	- 1 part
(iii)	*Lokha mandoora chendooram*	- 1 part
(iv)	*Vedi annabedhi chendooram*	- 1 part,
(v)	*Swarna Rasa chendooram*	- ¼ part.
(vi)	Jaundice cure No.11 or Ascites *Chooranam*	- 4 parts or even 5 parts.

These six ingredients are mixed well and bottled up.

Dose

10 to 15 grains may be given well mixed with honey or other suitable anupanam followed by *Drakchathi kudineer* (vide item 13).

5. JAUNDICE CURE NO. V (SPECIAL) POWDER (S.R. Pharma)

1. *Potralaikaiyan samoolam Chooranam* prepared in the manner mentioned under jaundice cure No. II — 10 *tolas* or 1 part

2. *Keezhkai nelli samoolam chooranam* prepared in the manner mentioned under Jaundice cure No. II — 10 *tolas* or 1 part

3. *Avuri* leaves *chooranam* (Leaves dried in shade and powdered) — 1 ½ part or 5 *tolas*.

These three are mixed together and bottled up.

Dosage, Uses and **Diet** are the same as that of Jaundice cure Nos. 2 & 3 powders. The Drakshathi decoction mentioned under item 13 is also applicable to this compound herbal *chooranam*.

6. JAUNDICE CURE No. VI (S.R. PHARMA)

1. *Sringi parpam*
2. *Silajathu parpam*
3. *Pavala veeram*
4. *Karimanjal* powder

each equal quantity

Mixed well and bottled up.

Enclosed in No. 2 Gelatin capsules.

Dose : 1 capsule thrice a day or 2 capsules twice a day may be given or 10 to 15 grains may be mixed with honey and taken 2 or 3 times a day followed by the Drakshathi decoction.

Uses are the same as that of Jaundice cure No. **I and II.**

N.B. Burnt up *curry manjal* (char), *Lokhamanduram*, *Vedi Annabedhi*, each one part may also be added.

7. JAUNDICE CURE NO. 7 (S.R. PHARMA)

1. *Sringi parpam* No. 2	each 15 grams (equal parts)
2. *Pavala Veeram*	
3. *Silajathu parpam*	
4. *Lokha Mandura chendooram*	
5. *Vedi Annabedhi chendooram*	
6. *Karimanjal* power (raw)	
7. *Kari manjal* burnt up charred powder.	
8. *Aya Veeram*	
9. *Aya kantham.*	

These are mixed well and bottled up.

Dose : 5 to 15 grains may be given with honey or in suitable gelatin capsules morning and evening followed by *Drakshathi kudineer* (or) Jaundice decocotion.

Indications : Infective hepatitis, hypertrophic cirrhosis of the liver with jaundice, biliary colic or stone in the gall bladder and all other liver and spleen diseases are cured.

8. KAMALAI PODI No. 8
(S.R. Pharma)

1. Ayachenduram, or K.A.R. *chendooram*
2. *Lokhamanduram chendooram* or Ayakantha *chendooram*
3. *Kadukkai Chooranam*
4. *Thandrikkai Chooranam*
5. *Nellivatral Chooranam*
6. *Jeeraka Chooranam*
7. *Karunjeeraka Chooranam*
8. *Vellaipoondu* (rubbed into a paste and added)
9. *Kantha chendooram* No. 1

10. *Perunkaya Chooranam*
11. *Chukku Chooranam*
12. *Milagu Chooranam*
13. *Thippili Chooranam*
14. *Keezhkai Nelli* root *Chooranam* 2 parts or 4 oz.

Nos. 1 to 13 are taken in equal parts, i.e. 1 part each or 2 oz. No. 2 parts of No. 14 is taken and mixed together and bottled up.

Doses: ½ to 1 teaspoonful b.d. with lime juice, honey and sugar candy.

Indications : *Paandu, sobai, kamalai* and *peruvayiru* are cured. Particularly liver and gall bladder diseases are cured.

9. ACUTE INFECTIVE HEPATITIS CURE No. I (S.R. Pharma)

1. *Linga kattu chendooram*
2. *Kasthuri chendooram*
3. *Silajathu parpam* No. 2
4. *Sringi parpam*
5. *Pavala veeram*
6. *Karimanjal* burnt up char or raw powder or both

(each equal parts)

These are well mixed and bottled up.

Mode of Use : To be enclosed in empty gelatin capsules No. 2 size and swallowed 1 to 2 capsules 2 or 3 times a day according to the severity of the disease followed by the jaundice decoction or (2) **Jaundice Powder** No. 3 about 5 grains or **Jaundice cure *chooranam*** No. 2 about 10 grains may be added and mixed with honey and taken 2 or 3 times a day followed by the **Jaundice decoction.**

Indications : Very effective in all types of acute or chronic jaundice or infective hepatitis. It is also useful in fevers of all kinds.

10. JAUNDICE DECOCTION OR DRAKSHATHI KUDINEER

1.	*Angoor Drakshai*	-	6 *tolas*.
2.	*Elakkai*	-	½ *tola* (90 grains)
3.	*Narjeerakam*	-	1 teaspoonful
4.	*Valmilaku*	-	½ teaspoonful
5.	Rose petals	-	5 or 6 flowers fresh
6.	*Keezhkai nelli* roots	-	10 to 12
7.	Water	-	1 ½ Madras measures or 6 Ibs.

This is boiled, reduced to ¼ th part and strained.

Dose : 2 to 4 ounces with little sugarcandy may be given 2 or 3 times a day side by side with any one of the jaundice cure Nos. 1 to 9 compounds.

Indications : Jaundice, infective hepatitis, biliary cirrhosis of the liver spleen and blood diseases are cured. Obstructive jaundice is also successfully treated.

11. KAMAALAI KALKAM OR JAUNDICE KALKAM No. 1 (S.R. Pharma)

1. *Keezhkai Nelli samoolam* (without inner stem of the root and trunk) 3 or 4 plants.
2. Onion – one piece.
3. *Jeerakam* – a few pinches.

These are taken and rubbed into a paste. A lime fruit size paste is dissolved about 2 or 3 ounces of cow's milk and given morning and evening 3 to 5 days under salt free diet. Bath be given daily if there is no temperature, oil or *thailam* bath may be

given on the 6th or 7th day. *Keezhkai nelli thailam* or *kaiyan thailam* or *kaiyan nellikai thailam* may be used for bath.

Indications : Jaundice is cured in a week.

12. ANTI CHOLESTROL REMEDY (S.R. PHARMA)

1. *Vembu* flowers, dried in shade and powdered 1 part or 2 oz.
2. *Keezhkai nelli samoolam* ½ part or 1 oz. (*Pavanai – Chooranam*)
3. *Thuthuvelai Chooranam* ½ part or 1 oz.
4. *Potrilaikaiyan Chooranam* ½ part or 1 oz. (*Pavanai Chooranam*)
5. *Chukku.*
6. *Milaku.*
7. *Thippili,*
8. *Kadukkai,*
9. *Thandri,*
10. *Nellivartal,*
11. *Lavangam,*
12. *Lavangapattai,*
13. *Elarisi,*
14. *Vettiver*

(Nos. 5–14) each 1/8 part or 2 drams.

All these ingredients are mixed in a *kalvam*, rubbed with lime fruit juice for 3 days and made in to pills of 3 gr. each.

Dose : 1 to 2 pills to be taken twice a day.

Indications : Fattiness of the body *kapha-pitha* diseases are cured. Blood pressure is also regulated. Jaundice is cured. Cholesterol level is maintained normally.

13. JEEVALOKHA MEZHUGU

(Useful for *Kaamalai* associated with *paandu*, *sobai* or both very efficacious) (S.R. Pharma).

Method of preparation

1. *Aya chendooram* prepared with *potrilaikaiyan* juice 3 time 1 *palam*.
2. *Kantha chendooram* prepared with *potrilaikaiyan* juice.
3. *Mandoora chendooram* prepared with *potrilaikaiyan* juice 3 times *palam*.
4. *Karisali* leaves rubbed with *karisali* juice, *villai* made, dried repeated 3 times and powered – 1 *palam*.

5. Bazaar Drugs

1. *Chukku*
2. *Milagu*
3. *Thippili*
4. *Jeerakam*
5. *Vidangam*
6. *Omam*
7. *Lavangam*.

Take in equal parts, rubbed with *potrilaikaiyan* juice, *villai* made, dried, repeated 3 times and powdered – 1 *palam*.

All the above powders are mixed, palm jaggery one *veesai* (1.4 Kg.) in added, pounded in a stone mortar into *legiyam* consistency and bottled up.

Dose : 1 to 2 *sundaikai* size b.d. for ¼, ½, ¾ or 1 *mandalam* or 40 to 45 days.

14. *MUPPU* CUM *PAVALA VEERA PITHANEER PARPAM* (S.R. Pharma)

Take purified *Kodipavalam* 1 part and purified *Veeram* 1/8 part. These are coarsely powdered, placed in a dish, poured goat's bile in sufficient quantity and keep the medicine well immersed in it. Exposed to the sun and dried completely. Then it is subjected to *laghu putam* as per precedure.

Dose : 1 to 2 grains b.d. with suitable *anupanams* followed by *Drakshathi* decoction it cures *kasam*, *swasam*, *kaya noi*, bronchial asthma, jaundice and all other liver diseases.

15. *KEEZHKAI NELLI KARKAM* (S.R. Pharma)

Take *Keezhkai nelli samoolam*, *Jeerakam*, and onions. These are rubbed well and given with cow's milk or butter milk. With this *manjal* burnt up char 1 or 2 pinches may be added, or raw *manjal* powder 1 to 2 pinches may be added and given for 3 to 5 days b.d.

16. KARISALAI KARKAM (S.R. Pharma)

Karisalai Karkam and *Avuri* leaves *karkam*, may be given in the same manner as said above.

17. *THETRAN* SEEDS

4 or 5 *Thetran* seeds are kept soaked in tender coconut water during night and rubbed in early morning into a paste (*Karkam*) and taken with *ilaneer* for 3 to 5 days, cures jaundice.

18. MULLANGI JUICE AND MILK

Mullangi juice and milk given twice a day for 3 to 5 days, cures jaundice.

19. *AVARAI-VER PATTAI KARKAM*

About a *sundaikai* size of this *karkam* may be given with coconut milk b.d. for corsely days. If there is complication of liver i.e. (hypertrophy of the liver with jaundice) best mercury parpam may be given with *Keezhkai Nelli Karkam* for 3 days B.D. under salt free diet. (several cases of biliari cirrhosis of liver are cured with mercury preparation)

20. HYPERTROPHIC CIRRHOSIS OF LIVER WITH JAUNDICE CURE OR VALAPATTEERAL VIRUTHI AND KAMALAI NIVARANI OR JAUNDICE CURE No. 6 (SPECIAL) (S.R. PHARMA)

1. P.S.M.M. *parpam* No. II ... 1 part
2. *Jeevalogha chendooram* or *Iyakantha Chendooram* ... 1 part
3. *Lokha manduram chendooram* ... 1 part
4. *Vedi Annabedhi chendooram* ... 1 part
5. *Swarnavalai rasa chendooram* ... ½ part
6. *K. Silajathu parpam* ... ½ part
7. Jaundice cure No. II or Ascites cure *Chooranam* 4 ... 5 parts
8. *Pavala Veeram* ... ½ part

These eight ingredients are mixed well and bottled up.

Dose : 10 to 15 grains may be given well mixed with honey or suitable anupanams followed by the decoction with the following ingredients.

1. Angoor *Dhrakshai* 3 *palams* or ... 9 *tolas*
2. *Elakkai* ... 1 *tola*
3. *Jeerakam* ... 1 *tola*
4. *Valmilaku* ... ½ *tola*

5. *Keezhkai nelli* root ... 15 Nos.

6. *Jaundice* cure *Chooranam* ... 2 Nos.

or Ascites cure *Chooranam* ... 1 ounce.

All these ingredients are put in a mud vessel add water 2 Madras measures and boiled, reduced to ¼ th part and strained. The decoction may be taken 3 to 4 ounces with a little sugar candy added to it twice a day immediately after the above *parpam* is taken or thrice a day the decoction alone.

Indications : This recipie has given good results in certain persistent and chronic cases of jaundice, with heptomegaly.

21. KAMAALAI KARKAM OR JAUNDICE KARKAM No. 1 (SPECIAL)

(S.R. Pharma)

Take the following :

1. *Keelkai Nelli samoolam* (without inner stem of root and trunk) 3 or 4 plants.
2. Onion – one piece.
3. *Jeerakam* – a few pinches.

Make them into a paste and add 2 or 3 pinches of raw *manjal* powder or burnt up char may be added and given.

To be rubbed into a paste about a lime fruit size dissolved in about 2 or 3 ounces of cow's milk and given morning and evening for 3 to 5 days with salt free diet. Bath to be given daily if there is no temperature. Oil or *thailam* bath may be given on the 6th or 7th day using *keezhkai-nelli thailam* or *kaiyan thailam* or *kaiyan nellikai thailam*.

Indications : Jaundice is cured in a week. (S.R. Pharma)

22. POOVARASU KOZHUNDHU ELAI KUDINEER

(The decoction of the tender leaves of Thespesia populnea).

Required ingredients

Tender coconut water, pepper (Piper nigrum), the tender leaves of Thespesia populnea.

Preparatory method

Put the vessel in the oven, and fry the (8 gm) pepper for a while. Then powder it. (Keeping the vessel still in the oven). Add ½ *padi* (1 *padi* – 1.3 litre) of tender coconut water. Allow it to boil. Then take one handful of Thespesia populnea tender leaves. Squeeze and extract juice. Add the juice in the vessel and the leaves too. Boil the mixture until it reduces into 1/8 *padi* and filter it.

This fresh decoction (in warm heat) is taken three times a day. Avoid salt, and pungent food. (throughout the day). Sweet should be avoided. Before taking medicine any kind of food may be allowed.

Right time for taking medicine :

If the first dose of the medicine is taken at 6'O clock in the evening, the next dose or the second dose will be taken at 6'O clock in the morning of the next day. The third dose should follow at 6'O clock in the next evening. (i.e. each dose after 12 hours gap).

Salt – free rice canjee should only be taken on the day of taking medicine.

Next day morning the patient has to rub little amount of Cow's butter and take bath after half an hour in cold water.

After that, patient may take any kind of food. But chronic debilitated patients will have to continue the medicine for one more day, after one day.

Dosage of medicine should be reduced according to the age in paediatric cases.

SIDDHA TREATMENT OF DISEASES B.C. LIVER CURE PILL NO. II OR JAUNDICE CUREPILL No. II OR BILIARY CIRRHOSIS OF CURE No. II PILL (SPECIAL) LIVER

1. *Jeevaloka chendooram*	1 part or 20 *tolas*
2. P.S.M.M. or P.S. *Parpam*	½ part or 10 *tolas*
3. *Vedi Annabedhi chendooram*	1/6 part or 3 ¼ *tolas*
4. Ascites cure No. III	1 part or 20 *tolas*
5. *Rasa chendooram* No. 1 or 3	$1/6^{th}$ part 3 ¼ *tolas*
6. *Palakarai Parpam*	$1/5^{th}$ part or 4 *tolas*
7. *Sangu Parpam*	$1/5^{th}$ part or 4 *tolas*

(S.R. Pharma)

Rubbed well with *Potrilaikaiyan* juice and (2) lime fruit juice for 2 days, rounded into pills of 2 grains size each.

Dose and Uses are the same as that of No. 1 B.C. liver pills.

25. PERUVAYIRU
(ASCITES)

Ascites is caused by excess '*Vali* humour' and also by the mixed derangements of *Azhal* and *vali* humours.

The symptoms of eruction, vomiting, nausea and loss of taste are seen in ascites since the 'Viyanan' '*Mel Nokku Kal*' is affected.

Indigestion will also be present due to the stimulation of *Nadukaal*. The assimilated food and the blood will not be spread as the '*Paravukaal*' (spreading factor) is stimulated. So the body strength and weight, will start to be declined. Patient will be anaemic. *Abanan* (*kilnokku kaal*) is defected which will result in constipation and oliguria. Body will be in oedematous. The restrianed '*Abanan*' in abdomen will cause so many problems.

So what the physician has to take first is the correction of the deranged humours, and *vayu*. The restrained stools and urine also will be treated appropriately. Then the treatment for body weakness, and anaemia will be followed.

Decoction varieties for Purgation and Diuresis

1. *Neermulli kudineer*

It is given in the dose of 84 ml. in morning and evening for dropsy, ascites and oliguria. (This is useful in chronic interstitial nephritis). (Refer S.V.T.)

2. *Mandoorathi Adai kudineer*

It is given in the dose of 42 ml. in two or three times for *paandu* (anaemia), *sobai* (dropsy), *kaamalai* (jaundice) and all types of *magotharam*. Follow salt-free diet. Canjee food is usually advised.

3. *Kakkattan* root decoction

(Clitoria ternatea root – decoction)

Take Clitoria ternatea root - 1 *palam*, Tribulus terrestris seeds, Hygrophila spinosa seeds and *Chicorium intybus* seeds each of

½ *palam*. Prepare decoction as per procedure. It is given in the dose of 42 ml. to 84 ml. in morning and evening to induce diuresis and purgation in ascites.

4. *Mookkirattai kudineer*

Take Boerhaavia diffusa root	-	1½ *palam*.
Amaranthus gangeticus root	-	½ *palam*.
Lagenaria vulgaris (Bitter bottle gourd)	-	½ *palam*.
Indigofera tinctoria	-	½ *palam*.

Add ½ *padi* water and boil it until it reduces into ¼ part. Then filter it. It is given in the dose of 84 ml. in morning and evening to induce purgation and diuresis in ascites and *sobai* (dropsy) diseases.

Tablet varieties

1. *Kakkanam mathirai*

One tablet is given in morning time only and also given in evening if the condition needs. It is given with *oma kudineer* (decoction preparation of ajowan seeds), *sukku kudineer* (dried ginger decoction) like adjuvants. It induces diuresis and purgation. It is indicated for flatulence, indigestion, helminthiasis and ascites. It is a good medicine for filariasis.

2. *Jalothari mani*

One tablet is given in morning time only with honey and milk. It causes diuresis and purgation. It is indicated in *anthara vayu, sura vayu, erumal* (cough), *neeradaippu* (oliguria), *sadhai adaippu* (mechanical obstruction), *peruvayiru* (ascites) and *sobai* (dropsy). (Refer S.V.T.)

3. *Kalludai kudori*

One tablet is given with cucumber seeds decoction in morning and with Tribulus terrestris juice in evening for *kalladaippu* (urinary lithasis). It is indicated for *sobai* (dropsy) and *magotharam* (ascites).

4. *Kodachoori* tablet

It is one of the greatest medicines. One tablet is given in morning and evening with suitable adjuvants for some kinds of serious diseases. It induces purgation and diuresis. Main indication of this is *peruvayiru* (ascites).

Mezhugu varieties

1. *Nava uppu mezhugu*

It is given in the dose of pepper size, kept within the unrefined jaggery (made from palmyra or coconut sap) or in the gelatin capsule in morning only for three days according to the body condition. It is indicated for *soolai* (colic pain), *gunmam* (peptic ulcer) and *magotharam* (ascites). It causes purgation and diuresis.

2. *Nava uppu mezhugu* or *kuzhambu*.

It is given in the dose of one wild liquorice (130 mg.) seeds size in morning only, kept within the palm jaggery for constipation, oliguria. It is also indicated for ascites, flatulence (*vayu katti*), *magotharam* and *neerambal.* Treatment is usually given in morning only for 3 days, according to the patient's condition; to stop purgation, lemon juice is given. (Refer S.V.T)

3. *Kummati kuzhambu or mezhugu*

It is given in the dose of one Solanum trilobatum unripe fruit size. Kept within the palm jaggery in morning only according to the patient's condition for 1 or 3 days to 5 days. It induces purgation and diuresis. It is indicated for *gunmam* (peptic ulcer), *peruvayiru* (ascites), *neeraamai*, *magotharam*, *veppu pavai*, *paandu* (anaemia), *kavisai*, *vishapagam* and *vayu*.

The duration of treatment and the dose should be calculated according to the patient's condition.

Parpam – Chendooram preparations

1. *Loga mandoora Chendooram*

It is given in the dose of 260 mg. to 520 mg. in morning only with diuretic decoction, for *magotharam*, *sobai* (dropsy), *paandu* (anaemia) and *kaamalai* (jaundice).

2. *Narayana mandoora Chendooram*

It is given in the dose of one tamarind seeds size in morning and evening with butter milk and warm water. *paandu* (anaemia), *sobai* (dropsy), *kaamalai* (jaundice), *magotharam*, *akkinimantham*, *gunmam* (peptic ulcer), abdominal pain (colic), *parisa vayu* (hemiplegia), *ksayam* (P.T.) *peenisam* (rhinitis), *suvasakasam* (asthma), and *arusi* (loss of taste).

3. *Aya Naga Parpam*

It is given in one grain dose twice a day with palm toddy or coconut toddy and or Ecchankai (a kind of toddy) for *magotharam*, *soolai*, *pakkavayu*, *pidippu*, *vatha satthi*, *vallai* (splenomegaly) and *andaveekkam* (scrotal swelling). It is also indicated for sexually transmitted diseases (STD) with some special adjuvants. (For more information refer – part – II – Gunapadam)

4. *Vanga Parpam*, *Velvanga Parpam*, *Kareeya Parpam*

These *parpam* preparations are given in the dose of 130mg. in morning and evening for *magotharam*. Apart from these, some other diseases are also treated by this medicine with some specific adjuvants. (For more informations refer S.V.T. and Gunapadam).

5. *Gantha Chendooram*

It is given in the dose of 130 mg. to 260mg. in morning and evening with honey for *visha pandu*, *kavisai katti* (splenomegaly), *sobai* (anaemia), pitha *paandu* (a kind of anaemia), *neerambal, andavayu* (scrotal swelling) and *anandha vayu*.

Avoid sexual intercourse. Continue the medication for 48 days (1 *mandalam*). (Reference S.V.T. and Gunapadam part – II).

6. *Velli Parpam*

It is given in the dose of 130 mg. in morning and evening with butter for '*mega*' related problems (sexually transmitted diseases) in *magotharam.*

However it is not a direct medicine for *magotharam.* It is mentioned here, as it has been said in the text Siddha maruthuvam under *magotharam* – treatment.

Siddha Maruthuvam also says, the '*Velli parpam*' medicine is very good for '*Valli peruvayiru*' (a kind of ascites) it is given with pepper decoction as an adjuvant.

7. *Vediuppu Chunnam*

It is given in the dose of ½ to 1 grain with tender coconut water or Raphanus sativus juice (Indian radish juice) or Aerva lanata juice and or other diuretic decoction preparation in morning and evening for *sobai* (dropsy) and *magotharam* (ascites). It is also indicated for *neer kattu* (oliguria), *neeradaippu* and *neer ericchal* (dysurea) (Reference – S.V.T.).

8. *Navacchara Parpam*

This preparation method has not said in any text. But the author says the method, as mentioned said in the manuscripts.

1. Take the tamarind tree stem cortex (Tamarindus indicus) and burnt it to ash. Add, 4 measures of water (to the amount of burnt ash) and mix it. Keep the mixture in stand for a day. Then collect the supernatant solution. Boil the solution until it gets the '*Kuzhambu*' state. Then put off the preparation from the oven. Add sour butter milk (cow) and allow it to dry under sunlight.

Collect the dried salt, add Acalypha indica (Indian acalypha) juice and grind them well. Add equal amount of powdered

Navaccharam (Ammonium chloride salt). Keep the mixture in a crucible and cover the closed crucible with the layers of "*Seelai mann*". Calcine the preparation by '*Kukkida*' *pudam*.

Dose

It is given in the dose of 130mg. in morning and evening with honey or with other suitable adjuvants for *magotharam*, *vayu*, *neerambal*, *veekkam* (oedema), *neerarugal* and *peruvayiru*. It is considered as one of the best medicine for *neer peruvayiru*.

Some special medicines for Peruvayiru (ascites) in Siddha Maruthuvam.

1. For '*Vali Peruvayiru Noi*'.

1. *Velli parpam* is given in prescribed dose with *milagu* (pepper) *rasam* or pepper decoction and or *milagu thailam* in morning and evening.
2. *Ayanaga parpam* is given in optimal dose with goat's milk or breast milk in morning and evening.
3. *Vanga chendooram* is given in prescribed dose in morning and evening times with warm water.
4. *Gantha chendooram* is given in suitable dose in morning and evening with Betel leaves juice.
5. 'Pon *chendooram*' is also given with Betel leaves juice in appropriate dose
6. Thalaga *chendooram* is given with long pepper powder (Piper longum) in morning and evening for hiccup in '*Vali peruvayiru*'.

2. For '*Azhal peruvayiru Noi*'.

1. *Rasa chendooram* and *Thanga chendooram* are in given in appropriate doses with Calotropis gigantea mature leaves juice and Aloe vera juice respectively in morning and evening.

3. For *'Iya peruvayiru Noi'*.

1. *Thanga chendooram* with Holy basil juice (Ocimum sanctum) 2. *Abraha parpam* with cow's milk. 3. *Velli chendooram* with Aloe vera juice. 4. *Pon chendooram* with cow's milk, 5. *Naga chendooram* with white lily juice (Nymphaea alba). 6. *Palagari chendooram* with garlic juice are given in appropriate dose in morning and evening.

Personal experiences in the treatment of peruvayiru. (according to 'Siddha Marutthuvam' Text)

1. Take chebulic myrobalan outer skin (seeds removed) and allow it to soak in 168 ml. of cow's urine. It is given at 5 O'clock in the early morning.
2. Then the ginger juice is given in one-ounce dose at 6 A.M.
3. At 7.30 a.m. *Vediuppu chendooram* is given in the dose of 130 mg. *Navaccharam* in 1300 mg, *Ayaveera chendooram* – 260 mg. and *Loga mandooram* – 130 mg. are given mixed with honey which is followed by 168 ml. of Hygrophila spinosa decoction preparation.
4. The above (No.3) preparation is given with the decoction adjuvant at 6 p.m.

Ginger juice is given in the dose of one ounce at 6 a.m. next morning, and the dose is increased day by day. Maintain the dose when it attains 168 ml. and continue it until the disease is completely cured.

5. For the abdomen swellings, the pods of the Cassia fistula (purging cassia), pottasium nitrate and rat excreta mixture is applied externally. Or the ground matter of Cassia fistula pods, rat excreta and Picrorrhiza kurroa with water, is also applied externally. It induces excretion of stools and urine. It also expulses abdominal gases.

Diet:

Laxative and purgative food items are advised. Barley *canjee* and the fried paddy *canjee* food may also be given or *Senguruvai* rice - fried *canjee* may also be given. The *canjee* food of cucumber seeds (Cucumis sativus), bitter bottle gourd, (Lagenaria Vulgaris), water melon (Cucumis melo) seeds and Cucurbita alba seeds water mixture is also given or it may also be given in the form of "*Adai*" (Pan cake).

In "*Keerai*" varieties, cooked *Mullikkeerai* (Amaranthus spinosus), *Sirukeerai* (Field spinach – Amaranthus campestris), *Thali keerai* (Ipomoea Sepiaria), *Sogi keerai* (Shyihern wort – Anathum gravolens), *Manatthakkali keerai* (Solanum nigrum), *Seemai kasini keerai* (Chicorium enuivia) - any one of these given.

In convalaescent period, double time boiled rice is given with vegetables, green leaves, indian radish (tender), ladies finger (Hibiscus esculentus), brinjal (Solanum melongena), ridge gourd (Luffa acutangula), snake gourd (Trichosanthes anguina) and tender drumstick (Moriniga oleifera), (Ref-Siddha Marutthuvam). So far we have seen something about medicine and diet regulation for *'Peruvayiru Noi'*.

So more medicines are also given below

The following medicines are given to induce purgation and diuresis, and also to correct the defected *vatha, pitha vatham* and *vayu*.

1. ***Siddhathi ennei*** – ½ to one teaspoonful is given in morning only for 1 to 3 days. According to the disease condition, It induces purgation and diuresis. It is indicated for '*magotharam*' (ascites), and *neeraambal*. For the preparatory method, It is a good purgative medicine. It is very much useful in chronic diseases.

2. ***Agasa karudan kizhangennei***: ½ teaspoonful is given in morning only for one to three days according to the disease and patient conditions. It is indicated for poisonous bite and other serious diseases. It causes purgation.

3. *Meganatha ennei*

It is given in the dose of ½ to one ounce in morning only for 1 - 3 days. It is indicated for "*peruvayiru kattigal*" (ascites with abdominal tumours) and also some other diseases.

4. *Vellai ennei* : (Dose –1/2 to one ounce).

It is also given in morning only for *vayittru kattigal* (abdominal tumours) and other diseases.

5. *Kalli Nei*

It is given in the dose of 15 to 30 drops in morning only for one to 3 days according to the patient's condition. It causes purgation and diuresis. It is indicated for *peruvayiru* (ascites), *soothaga vayu* (dysmenorrhea), *gunmam* (peptic ulcer), and oedematous diseases.

6. *Navacchara mezhugu*

It is given in the dose of 130mg. to 260mg. in morning only, kept within the palm jaggery. It causes free purging and diuresis. Treatment may be continued upto 3days according to the patient condition. It is indicated for *magotharam* (ascites), *neerambal, vida pagam* (oedema due to poisonous bite) and *kirumigal* (helminthiasis). Warm water may be given if it is needed. Milk porridge will be given atleast for 7 days.

Preparation

Take Calotropis gigantea milky juice-236 ml. Euphorbia nerifolia –336ml. (Common milk hedge). and *Navaccharam* (Ammonium chloride) –10 *kazhanju* (1 *kazhanju* –5 gm.) Grind them well and equal amount of castor oil (Ricinus communis). Then mix them well. This mixture is given in the dose of pepper seeds size or wild liquorice seed size for helminthiasis *(kirumi*

noi), peruvayiru, *magotharam* and *neerambal noi. visha pagam*, with warm water. It causes purgation. Avoid milk food for 7days.

7. *Agathiyar kuzhambu*

It is given in the dose of 130mg. in morning time only for 1 to 3 days according to the patient's condition with pepper powder. It is indicated for *paandu* (Anaemia), *veppu pavai* (Hyperpyrexia), *neerambal* (Ascites) and *sobai* (dropsy).

It is also given for some other diseases with different adjuvants (Refer – S.V.T).

Note

We are giving the manuscript preparation of "Agathiyar Kuzhambu". We have added both text book preparation and another preparation which is in current practical uses.

These are given below for the students to analyse them.

AGATHIYAR KUZHAMBU

The ingredients used for *Agastiar Kuzhambu* are as follows:

R. *Perungayam*

Kadukuroghani

Indhuppu

Rasam

Vengaram (fried)

Nabi

Manosilai

Thippili

Thalakam

Karunjeerakam – 1 *kazhanju*

Nervalam (purified) – 19 *kazhanju*.

(Half of the purified *Nervalam* has to be fried with a few drops of castor oil and the other half without frying should be added to the process)

All the above 11 drugs are to be rubbed well into a nice *kuzhambu* consistency and bottled up; or kept in a horny dish. (I think, the above formula is adopted in the pharmacy attached to the College of Indigenous medicine, while I was a student. I think, they also used a bit of castor oil while rubbing if needed add *chirattai* – burnt – char weel powdered about 5 *kazhanju* while rubbing at the end of the process.)

Another Method

Perungayam
Kadukuroghani
Rasam
Vengaram (fried)
Nabi
Manosilai
Omam
Thalakam
Karunjeerakam – 1 *kazhanju*

Nervalam (purified) equal to the above total weight. i.e 10 *kazhanju*.

In this formula *thippili* is omitted and *omam* is substituted. The other particulars are as described already.

The actual formula according to the above new excavation among very old cudgen leaves of *Agastiyar* is as follows:

AGASTIYAR KUZHAMBU
(Original formula)

The secret of green herb (hidden or not mentioned in *Agastiyar Soothiram* wherein *(Agastiar Kuzhambu* is mentioned) is nothing but *Nimba pathiram or Vembu* leaves.

Please secure *Vembu* leaves in plenty, put it in a big mud pot (after cutting the leaves in small bits) and fill the pot with pure water. Boil it until the water is well dried up. Then strain the boiled leaves and decoction by means of a sac. Transfer this decoction to mud pot and add purified *Patharasam* or *Valairasam* about 10 *kazhanju* and boil it on gentle fire until the solution goes to a *Kuzhambu* consistency and then place it in a *kalvam*. Keep on rubbing it atleast for two *samam*, then add purified *Nervalam* 10 *kazhanju* and again rub the *kalvam* for one more *samam*. Then take the following other ingredients, to be added to the above and again rub for two more *samam*.

Perungayam	...	...	(fried and powdered)
Indhuppu	...	...	(powdered)
Vengaram	...	...	(fried and powdered)
Manosilai	...	...	(purified and powdered)
Thalagam	...	...	do.
Kaduguroghani	...	...	(fried and powdered)
Thippili	...	...	(fried and powdered)
Rasam	...	...	(Purified)
Karunjeerakam	...	...	(fried and powdered)
Ghendhi	...	...	(Purified and powdered)

Note : Please melt *Ghendhi* one – *Kazhanju* in an *agal* over charcoal fire and mix with it *Rasam* and *Thalakam* powder. Then rub this mixture well in another *kalvam* adding all the other ingredients one by one.

8. *Kowshigar kuzhambu*

It is given in the dose of 130 mg. in morning time only for 1 to 3 days according to the patient's condition with Castor oil, and cow's urine. For *magotharam* (ascites), *kamalai* (jaundice) and *sobai* (dropsy).

Apart from these, we can cure some other diseases too, with different adjuvants. (Ref – S.V.T).

9. *Thenkai legiyam Thasa theetchai kuzhambu* said under the *veluppu noi.* (Anaemia) Chapter - 22.

It is given in optimal dose for *peruvayiru noi.* It expels urine, stools and worms thereby it cures the disease.

10. *Oothal Noi* said under Chapter - 23

Neermulli kudineer, Mandoorathi adai kudineer, Vellattu neer ooral kiyalam, Vazhai kizhangu juice (the juice of Musa sapientum stem), cow's milk mixture, *Ooshi gantham*, *ooral kiyalam, Amuri kadukkai podi, mandoorathi podi, pasuneer kadukkai pavanam, Aya Gantha chooranam, Vittru vagai chooranam* and *legiyam* which have been said under *Oothal Noi,* chapter are also given for *sobai* (dropsy), *paandu* (anaemia) and *kamalai* (jaundice) in appropriate doses according to the patient's condition.

These medicine will relieve the signs and symptoms of *peruvayiru noi.*

11. *Kummattiyuppu* – which has been said in Chapter -20, 21 – *Kalleeral, Manneeral Noi.*

It is a good medicine for *peruvayiru* (ascites). It causes purgation, diuresis and thereby it reduces swellings.

12. Some direct medicines for '*Peruvayiru*' (Ascites)

The *parpam*, *chendooram* and *chunnam* preparations of *Thurusu* (crude copper sulphate), *Gantham* (Magnetite), *Rasam* (mercury) *Kenthi* (sulphur), *Vangam* (Plumbum) and *Thambiram* (copper) are good for ascites. There is no doubt about the cure of the disease, if the given medicine is prepared with the help of '*muppu*' (any one of the *Guru chunnam*).

Rasa parpam, *Sandarasa parpam*, *Swarna valai rasa chendooram*, *Kadikkara chunnam*, *Savveera pathangam*,

Panchalavana chunnam, *Navauppu chunnam*, *Ganthaga chunnam*, *Arumuga chendooram*, *Suyamakkini chendooram*, *Kalamega narayana chendooram*, *Sanda marutham*, *Van mezhugu*, *Nandhi mezhugu*, *Salamanjiri*, *Venkara chunnam*, *Ayapoonaga chendooram*, *Triloga chendooram*, *Thasa mugayuthayakkini chendooram* and *Nandukkal parpam* are given in appropriate doses for ascites according to the condition. It also improves digestion and absorption. And there by it alleviates the anaemia, loss of weight and paleness. It also gives physical and mental strength. (For preparation refer S.V.T.).

External Application

1. Take Plumbum – 1 *palam* (35 gm.), *Rasam* (mercury) – 1 *palam*, melt plumbum and mix it with mercury. Then grind them with *Vediuppu thiravagam* and make the ground matter into '*Villai*' forms. Keep the '*Villai*' in a crucible and cover the crucible with *seelaiman*. Calcine the preparation with 50 numbers of cow dung cakes. Then collect the calcined powder (*chunnam*). Mix the '*Chunnam*' with water and apply on the swollen abdomen, oedema of the limbs. It causes the expulsion of fluid. It is indicated for *sobai* (dropsy) and *neer peruvayiru* (ascites) for external application.

External Medicine

2. Another preparation

Take Tin metal (Stannum) – 1 *palam* (35 gm) and heat it to melt. Sprinkling the 2 *palam* Potassium nitrate salt while metal gets melted. For making it brittle or otherwise rendering it into an alchemical compound. Collect the end product. (*chunnam*). It is mixed with urine and applied externally on the swollen areas. It acts as a deobstruent.

3. Some other preparation

Take the following :

(i)	Burnt ash of Hygrophila spinosa plant	- 2 *thola* (12 gm – 1 thola)

(ii) Pottasium nitrate salt - 1 *thola*

(iii) Pods of the Cassia fistula - 2 *thola*

(iv) Cucumber seeds (Cucumis sativus – seeds) - 1 *thola*

(v) Borax powder (Venkaram) - ½ *thola*

Grind these ingredients with Hygrophila spinosa juice or Tribulus terrestris (Small caltrops) juice. Then heat the ground matter moderately, and apply on the swollen areas in tolerable heat. It reduces the swellings in '*Neer Peruvayiru*' (Ascites).

Magothara Haram: (*Satha Sulogan*)

Drugs for *Magotharam*

1. Purified Croton tiglium (purgative croton), Allium cepa (Onion), Ferula asafoetida (Asafoetida), Gingelly oil (Sesamum Indicum – oil), Castor oil (Ricinus communis), *Naganam, Evatccharam* (potassium carbonate impura) *Sathicharam* (a salt containing the ingredients of salt – petre sal ammonia and common salt), soap nut (Sapindus trifoliatus), *Pancchalavanam* (rock salt, common salt, gall and potassium nitrate nitre), Crotalaria laburni folia (round rattle wort). Butea frondosa burnt ash, Terminalia bellerica (belleric myrobalan), Indian goose berry (Emblica officinalis), Sesamum indicum, long pepper (Piper longum), dried ginger (Zingiber officinalis) white variety of Clitoria ternatea (White butter fly pea), milky juice of Sacrostemma brevistigma (creeping milk hedge) the burnt ash of Euphorbia nerifolia (common milk hedge), bark of the wood – apple tree (Feronia elephantum – bark), Aquilaria agallocha (*Agil* – wood) Plumbago zeylanica (Ceylonlead – wort), Ipomoea turpethum (Turpeth root), cow's urine and Indian gall – nut (with lines on the surface – Terminalia chebula) are given for *magotharam* which is caused by "*Idumarunthu*" due to over lust.

Some of our Research Siddha preparations for Ascites and *Sobai* used in the Research Lab are mentioned below:

1. **Albuminuria cure powder No.1,** (Special or *visha sobai nivarani*).

1. *Jeevaloka chendooram*	..	2 parts
2. *Lokamandooram chendooram*	..	2 parts
3. *Vedi Annabedhi chendooram*	..	2 parts
4. *Punarnava manduram*	..	2 parts
5. *Vengakara chunnam*	..	2 parts
6. *Karpura Silajathu Parpam* No.2 or 5	..	2 parts
7. *Vediuppu chunnam* No.II or No.4	..	2 parts
8. Ascites cure *chunnam*	..	14 parts

Note :

Ascites cure *chunnam* may be separately kept and added then and there with other compound medicines of the above first seven items or may be mixed together and used.

These eight powders may be well mixed in the above proportions and taken with honey 2 or 3 times a day in 75 to 90 grains for a dose. In extreme cases, decoction prepared out of Ascites cure *chunnam*, as mentioned under Ascites cure *chunnam* M III may also be used twice a day in addition to the above powders. This is our experience in Research institute. In about a week or ten days albumin cases have become alright together with dropsy.

Diet

Salt, fat, tamarind free diet is allowed probably barley water, milk, butter, fruit juice may be allowed until the cases become fully cured.

Indications

Persistent albuminuria with ascites or dropsy is cured, *pandu*, *sobai* and *kamalai* are also cured. Spleen, kidneys and heart diseases are generally well responded to. We have come across a few cases of chronic nephritis with ascites being resistant to any kind of treatment. Of course, such cases come to us after extensive modern treatment in last stage for which we cannot help.

2. Albuminuria cure No. II or Visha Sobai Nivarani No.2

1. *Vengkara chunnam*	..	2 *tolas*
2. *Silajathu parpam* No. II or No. IV	..	4 *tolas*
3. *Lokha mandura chendooram*	..	4 *tolas*
4. *Vediuppu chunnam*	..	2 *tolas*
5. *Vediannabedhi chendooram*	..	4 *tolas*
6. *Jeevaloha chendooram*	..	4 *tolas*
7. *Punarnava manduram*	..	4 *tolas*
8. Ascites cure	..	20 *tolas*

All the 8 ingredients are mixed together and bottled up.

Dose, uses and anupanam, etc., are the same as that of Albuminuria No. I.

3. Ascites cure powder No. I (Special)

1. *Potrilaikaiyan samoolam Chooranam* (secured by drying in the shade and powdering nicely). 1 part
2. *Chirunerunjil samoolam Chooranam* (secured by drying in the shade and powdering nicely) 1 part

These two ingredients are mixed together and bottled up.

Dose

10 to 30 grains may be given 2 or 3 times a day well mixed with honey or with hot water or barley water or with other suitable *anupanams*.

Note

Lokha mandura chendooram, *Vedi annabedhi*, *Venkara chunnam*, *Vediuppu chunnam* or Albuminuria cure any one or more of these medicines may be added to the Ascites cure powder Nos. I or II or III with excellent results. Better it is converted the Ascites cure powder No I or II or III into decoction and administered as *anupanam* to the above compound *chendooram* and *chunnams*. White sugar may be added to the ascites cure *chooranam* or decoction if necessary.

Indications

All kinds of drospsy including *magotharam* (ascites) are cured. Liver, spleen, kidneys and heart diseases are treated with this powder or decoction *anupanam*.

Diet

Milk, fruit juice and barley water alone should be allowed as diet. Fat, salt, chillies and tamarind should be avoided.

4. Ascites cure powder No.II (Special)

1. *Potrilaikaiyan samoolam Chooranam* (secured by drying in the shade and powdering nicely). lb. I
2. *Chirunerunjil samoolam Chooranam* (Secured by drying in the shade and powdering nicely). lb.I
3. *Keezhkai nelli samoolam Chooranam* (secured by drying in the shade and powdering nicely). lb.I

These three ingredients are mixed together and bottled up. White sugar may be added to the above compound *Chooranam* if necessary.

Dose, uses and anubanam, etc., are the same as that of ascites cure *Chooranam* No.I.

5. **Ascites Cure powder No. III** (Special – or dropsy cure or *peruvairu* and sobai nivarani).

    1. *Potrilaikaiyan samoolam Chooranam* (i.e. dried in the shade and nicely powdered) 1b. I

2. *Cirunerunjil samoolam Chooranam* (i.e. dried in shade and nicely powdered) 1b. I
3. *Keezhkai nelli samoolam Chooranam* (i.e. dried in shade and nicely powdered). 1b. ½ to 1b. 1
4. *Chirukeeraiver* dried and powdered ½ to 1b. I

All these four *Chooranams* are mixed together and bottled up.

Dose

15 to 30 grains may be taken with honey or other suitable *anupanams* 2 or 3 times a day either alone or with other *Parpams*.

Decoction

This *Chooranam* compound may be prepared into a decoction in the proportion of 2 ounces of the *Chooranam* with 4 1bs. of water, to be reduced to ¼th part and then strained.

Dose

3 to 4 ounces of this decoction may be given with sugar 2 or 3 times a day instead of *Chooranam*. Ascites cure Nos. I and II may also be prepared into decoction as above.

Indications

All kinds of dropsy including *jalotharam* (ascites) are cured. Only milk, fruit juices and barley water may be allowed. Salt, fat, chillies and tamarind should be avoided. *Paandu, sobai, kaamalai* and other liver, spleen, kidney and heart diseases are appreciably relieved, by this.

Kantha Chunnam for all kinds of Dropsy or Sobai Nivarani

1. (S.R. Pharma)
2. Purified *Nervalam* ... ½ *tola*
3. *Chukku Chooranam* ... ½ *tola*

4.	*Milagu Chooranam*	...	½ *tola*
5.	*Thippili Chooranam*	...	½ *tola*
6.	*Iya chendooram*	...	4 parts or 2 *tolas*
7.	*Kantha Chendooram* No.I	...	4 parts or *tolas*
8.	*Kadukkai Chooranam*	...	8 parts or 4 *tolas*
9.	*Nelliparuppu Chooranam*	...	8 parts or 4 *tolas*

All are rubbed in a *kalvam* as per rules and mixed together nicely and bottled up.

Dose

5 to 10 grains once or twice a day may be given with hot water or fruit juice or barley water.

Indications

Dropsy of all kinds, paandu, sobai, kaamalai, Peruvayiru and constipation are relieved.

26. KUDAL PIDIPPU NOI
(ABDOMINAL GRIPPING PAIN)

Treatment

In abdominal pain (colic), the *vali* humour increases from its normal state and the '*Udhanan*', '*Abhanan*' and '*Viyanan*' *Vayus* are deviated and stimulated to do opposite functions. It causes excess of '*Kapha*', humour, which aligns with vali as '*vali iyam*'. Atlast, all the three humours get defected themselves, and affect the patient with '*muppini*' which cause so many problems.

So, to normalize the deranged humours and *vayu*, purgation has to be given. The mixture of honey, milk and castor oil (Ricinus communis – oil) in equal amounts has to be given as enema. If it dose not cause purgation, some purgative oil preparations are given in optimal single doses.

The drenched cloth with milk and water may be applied externally on the abdomen as poultice form for abdominal colic.

Internally, *uppu chenthooram*, *kummattiuppu*, *pirandai vadagam, gunmakudori legiyam* and *talisathi vadagam* are given generally. If the symptoms and signs are not alleviated, the patient has to be referred to a surgeon.

The treatment for *Kudarpidippu noi*:

1. In the beginning stage, the prepared '*Milagurasam*' (Piper nigrum – Pepper) is given in the dose of 5-10 drops, mixed with *Panccha moola kudineer* in morning and evening for *Kudarpidippu noi.*

Preparatory Method

Take Menthol, Thymol, *Pachaikarpooram*, *Nattu Soodan* and *Sambirani pathangam* each of 4 grams. *Kasthoori*, if available, 1 dram may be added (1 dram – 4.2 gm). and rubbed in a mortar and bottled up.

Dose

5 to 10 drops twice a day.

Indications

Indigestion, *vayu*, *vayittruvali*, *kudar pulukkal*, *vomiting*, hiccup and anorexia.

Note

It is externally applied on the lesions of scorpion sting, centipede bite and wasp bite.

2. For Purgation

Vannamuga thailam, Siddhathi Ennei, Kazharcchi Ennai, any one of these be given in the dose of ½ to one teaspoonful in morning time only, with warm water.

Or

Vellai Ennai is given in a dose of ½ to one ounce in single dose in morning only.

3. *Vayittru vali Nivarani* or *Pacchai Karpoorathi chooranam* is given in the dose of ½ to 1 *varagan* in morning and evening with honey for *Kudar pidippu noi*.

Preparation

Take dried ginger powder – 1 part, Cardamom seeds powder ½ part, Borneo Camphor and white sugar – ¾ part. Mix them well.

This mixture is given in the dose of ½ to 1 *varagan* (1 *varagan* – 4.2 mg) for biliousness (*pithavayu*), abdominal pain, chestpain (heart burn), gripping sensation in bowels, peptic ulcer, (*gunmum*), flatulence, vomiting, hiccup, indigestion, belching and nausea. (S.R. Pharma)

4. *Anda legiyam* alias *seeragathi legiyam* (or *Gunma legiyam* No-1) is given in optimal dose in morning and evening for *'Kudar Pidippu' noi.* (For the preparation refer S.R. Pharma and also the *Gunmam* chapter).

5. *Panchalavanam chunnam*, *Nava Uppu Chunnam* any one of these be given in optimal dose in morning and evening with *Trikadugu* (dried ginger, pepper and long pepper) and honey.

6. In severe stage of this disease, *Veera chunnam*, *Veeraparpam*, *Veera Mezhugu*, *Tambira chunnam* and *Swarna Pancha Boothi Chendhooram* any one of these is given in optimal dose, inserted the palm jaggery or in the gelatin capsule in morning and evening. It is followed by the '*Pancha Moola Kudineer*' (decoction).

   This medication is given usually for 1-3 or 5 days.

   Diet Restriction : Avoid salty food.

   Milk porridge is advisable.

Note

These medicines cure this desease by correcting the reversed peristalsis and also deranged humours.

It also alleviates the spasmodic colic pain, apart from these medicaments.

Veerakattu, Poorakattu, Rasakattu, Lingakattu, Thirirasakattu and *Pancharasakattu* - any one of these is given rubbed with breast milk or honey and or suitable decoction for expeditious results.

Preparation of Pancha Boothi chendhooram (Manuscript).

Take, the following:

Lingakattu chendhooram	-	1 *palam* (35 gm)
Good quality musk (Moschus moschiferus)	-	½ *varagan* (1 *varagan* - 4.2 gm)
Korosanai (Purified oxgall or oxbile)	-	1 *varagan*

Crocus sativus (Saffron Flower)	-	1½ *varagan*
Borneo Camphor	-	2 *varagan*
Dried unctuous secretion of Vivaria civetta (civet cat)	-	½ *varagan*
Dried unctuous odorous Secretion of large civet – cat	-	½ *varagan*

Collect these ingredients and pound them to powder. Then grind them well for 5 days and keep the ground matter in an air-tight container.

It is given in the dose of 2 or 4 grains in morning and evening with honey for fever. This preparation is given for pulmonary tuberculosis, bronchial asthma and chronic bronchitis with Adathoda vasica *surasam* preparation. It is also given for '*Vayu*' problems with Ginger *surasam* or dried ginger decoction preparation.

It cures the anorectal diseases when it is given with butter.

A decoction of the ingredients of Acorus calamus (country fig), cardamom (Elettaria cardamomum), dried ginger (Zingiber officinalis) and pepper (Piper nigrum) is given with this medicine as an adjuvant for vomiting.

Honey is given with this medicine for hiccup and dried ginger *chooranam* is given for *'Vatha noi'*, *'Vettaivayu'* and *'Soolai kattu'* with this medicine. For *'Viraivayu'* (orchitis), *kudarpurattal* and *kudarpidippu*, honey is given as an adjuvant with this medicine.(Manuscript).

Vannamuga Thailam

Take purified Croton tiglium – 2 *varagan* (Purgative croton) (1 *varagan* – 4.2 gm)

Purified Mercury (*Rasam*), Sulphur (*Kenthi*) and yellow orpiment (*Thalagam*) each 1 *varagan*, purified Arsenic oxide (*Vellai padanam*) and Hydrargyrum sub chloride (calomel) each 1 *varagan* and piece of stalk removed tobacco leaf.

Grind the ingredients and mix them with oil. Then boil them. Filter the oil when it changes to 'honey colour'.

Dose

½ to one teaspoonful is given in morning time. It induces purgation. It cures *Vatham* –80. It is also indicated for *Kudal Vatham, Kudarpidippu* and *Kudal Vayu*. It is usually given for 1-5 days according to the patient's condition. Avoid salt substances. Tobacco is not required to be restricted.

27. PERUNKAZHICHAL
(DIARRHOEA)

Treatment

In diarrhoea the '*Vali*' humour or *Vali Azhal* humours are defected by dietary factors and get increased. The increased humour stimulates '*Uthanan*' causing indigestion first, and then sialorrhoea, hiccup and eructation. '*Abanan*' also gets defected by the above reasons and it causes the symptoms of hyperperistalsis, tympania abdomen, borborygmi and diarrhoea. Patient will be pale and oedematous. Since tissue fluid and blood like body humours get defected, urine will be concentrated with yellow or red colour. Faeces may be watery with multiple colours. Stools may be excreted as watery, or semisolid or indigestive and or with blood.

So it is essential to correct the deranged humours and *vayu*. Medicines should be given to stimulate appetite and also to stop diarrhoea. Suitable diet also be followed to correct the deranged humours and *vayu*. Hematinics alterative medicines and foods would be given, after the diarrhoea is controlled and the excretion of urine is normalized.

Decoction Varieties

1. Take pomegranate (Punica granatum) fruit outer skin and dried ginger each of 3 *kazhanju* (*kazhanju* – 5.1 gm). Add 2 *padi* water (1 padi-1.4 litre). Boil them until it reduces into 1/8 part, and filter them.

It is given in the dose of 168 ml in morning and evening mixed with honey for *'perumkazhichal' noi.*

2. Another preparation

Take Aconitum heterophyllum (Indian atees), Bael fruit (Aegle marmelos), Plumbago zeylanica (Ceylon leadwort) and Cyperus rotundus (nut grass), each of 2 *kazhanju*

(1 *kazhanju* – 5.1 gm). Add 2.6 litres of water. Boil them until it reduces into 1/8 part and filter it. It is given in the dose of 168ml in morning and evening, mixed with long pepper (Piper longum) and dried ginger powder, for *Adhisaram*, and *vatha soolai*.

3. Another preparation

Take Cyperus rotundus (nut grass), Nymphaea lotus tuber (water - lily), Costus specious (costus root), Indian Sarasaparilla (Hemidesmus indicus), Clerodendron serratum, Cedrus deodara (Himalayan Cedar), Mollugo cerviana, Lotus Stalk (Nelumbium speciosum), dried ginger, Aristolochia bracteata (Indian birth wort) and ajowan seeds (Ptychotis ajowan) each of 1 *kazhanju* (5.1 gm). Add 2 *padi* water (2.6 litre) and boil them until it reduces into 1/8 part. Then filter them. It is given in the dose of 168 ml, mixed with Aconitum heterophyllum powder (Atis) in morning and evening for diarrhoea with fever.

4. Another preparation

Take tender pomegranate, Aconitum heterophyllum (Atees), Cyperus rotundus (nut grass), Sterculia foetida – bark (poon tree), dried ginger and pulp of wood – apple (Feronia elephantum) each of 2 *kazhanju* (1 *kazhanju* – 5.1 gm). Add 2.6 litres water and boil them until it reduces into 1/8, 168 ml part. Then filter them. It is given in the dose of 168ml in morning and evening for fever with diarrhoea.

5. Some other preparation for '*Azhal Perunkazhichal*.

(If Spasmodic umbilical pain, tenesmus with haemorrhage and defaecation of black, frothy stools with much liquidity are present)

Preparation

Thippilathi decoction is given.

Take long pepper (Piper longum), Plumbago zeylanica (Ceylon lead wort), Sweet flag (Acorus calamus), Sweet indrajao (Wrightia tinctoria), Daemia extensa root, Zizyphus jujuba root, Cyperus rotundus (nut grass) Aconitum heterophyllum (Atees),

root of Pepper plant, Picrorrhiza kurroa, Clerodendron serratum, Trikadugu (Ginger, pepper and long pepper), Costus speciosus (Costus root), a rib of the neem leaf, mustard seeds (Brassica juncea), black cumin seeds) (Nigella sativa), Phyllanthus niruri, root of Feronia elephantum (wood – apple tree), and Ferula asafoetida (Asafoetida) in equal amount. Pound them to powder. Take one pinch amount of the powder and prepare decoction.

This decoction is given for *perumkazhichal*, *porumal* (borborygmi), *nabisoolai* (tenesmus) and cough. It improves digestion.

6. Another preparation : - *Maramanjal Kudineer*

(Decoction preparation of Berberis aristata)

Take Berberis aristata (tree turmeric), Curcuma longa (Turmeric), Liquorice (Glycyrrhiza glabra), Bael fruit (Aegle marmelos) and Wrightia tinctoria (Sweet Indrajao) seeds each of 2 *kazhanju* (1 *khazhanju* – 5.1 gm). Add 1.3 litre of water and boil them until it reduces into 1/8 part. Then filter them. It is given in the dose of 168ml, mixed with Aconitum heterophyllum powder (Atees) in morning and evening, for *kazhichal*.

Powder Varieties

1. *Thayir Chundi Chooranam*

It is given in the dose of one pinch, in morning and evening with warm water for indigestive diarrhoea.

2. *Chundai Vattral Chooranam*

It is given in the dose of one pinch in morning and evening with curd (buffalo's) for borborygmi, flatulence, hyper peristalsis, diarrhoea, haemarrhoids, dysentery and cholera. (Ref. S.V.T.)

3. *Anna* Podi (*Chooranam* of curry leaves) :

It is given in the dose of 10-15 grains (or one pinch dose) in morning and evening usually with food. Or it is also given with

honey, buttermilk and warm water for indigestion, diarrhoea, eructation, nausea, borborygmi, loss of taste, vomiting, cough and anorexia.

The *Annapodi* alias curry leaves *chooranam* is a good medicine for diseases affecting "*Anna mayakosam*". We are going to see the following five kinds of *Annapodi* preparations, as follows:

1. Annapodi No. 1 or D.D.S. Remedy

1. *Chukku Chooranam*
2. *Milagu Chooranam*
3. *Thippili Chooranam*
4. *Lavangam Chooranam*
5. *Elarisi Chooranam*
6. *Jeerakam Chooranam*
7. *Thalisapatri Chooranam*
8. *Jathikai Chooranam*
9. *Jathikottam Chooranam*
10. *Chirunagappu Chooranam*
11. *Chitharathai Chooranam*
12. *Vayuvidangam Chooranam*
13. *Thandrikai Chooranam* of each equal parts or 2 ounces each.

These powders are well mixed together, kept soaked in lime fruit juice (about 50 fruits) for one or two days and then allowed to dry in the sun, powdered and bottled up.

Dose

10 to 15 grains b.d. may be given with honey or other suitable anupanams. This may be taken with principal meals also.

Indications

Indigestion, diarrhoea, belching, eructations, distaste, vomiting, bronchits, nausea, etc., are cured. Appetite is improved.

N.B.

This is prepared without *kariveppillai podi*.

2. *Karivepillai chooranam* compound No.1
(*Annapodi* No. II)

1. *Chukku Chooranam*	each one part.
2. *Milaku Chooranam* (fried)	
3. *Thippili* fried *Chooranam*	
4. *Jeerakam* fried *Chooranam*	
5. *Perunkayam* fried *Chooranam*	
6. *Indhuppu* powder	

7. *Kariveppillai* leaves, fried with cow's ghee and powdered 3 to 4 parts.

All these powders are mixed well and bottled up.

Dose

10 to 15 grains or about ½ teaspoonful may be taken twice a day with principal meals or with buttermilk or honey lime fruit juice.

Indications

Indigestion, Flatulence, Stomachache, Diarrhoea, Chestpain, Heart-burn, Dry cough, Vomitting etc., are cured when given with suitable anupanams (adjuvants).

3. *Kariveppillai chooranam* compound No. II or *Annapodi* No. III

1. *Chukku Chooranam*
2. *Milagu* fried *Chooranam*
3. *Thippili* fried *Chooranam*
4. *Jeerakam* fried *Chooranam*
5. *Karunjeerakam* fried *Chooranam*
6. *Omam* fried *Chooranam*
7. *Perugnkayam* fried *Chooranam*
8. *Indhuppu* nicely powdered

} each equal parts of about 5 ounces

9. *Kariveppilai Chooranam* – 4 parts or 20 ounces (green *kariveppilai*, leaves are gently fried with Cow's ghee. Nicely powdered, strained through sieves and added).

All these nine powders are mixed well and bottled up.

Doses

10 to 15 grains may be given twice a day with the following anupanams for diseases noted aganist each.

Indications

1. With honey this *Annapodi* may be given for diarrhoea. After each motion, a small dose may be given. In about 4 doses diarrhoea becomes quite alright.

2. With lime fruit juice or cold rice *canjee* water or rice sour water this powder may be given for *pitha vayu* or dyspepsia, also for nausea, vomiting, loss of appetite (anorexia) and for stomach pain.

3. With a mixture of *inji* juice, lime juice and honey this powder may be given for gastric troubles (dyspepsia), heart burn and chest pain.

4. With cow's ghee or honey this powder may be given for dry cough.

4. *Kariveppillai chooranam* compound No.3 or *Ashta chooranam* (special)

1. *Chukku Chooranam*
2. *Milagu* fried *Chooranam*
3. *Thippili* fried *Chooranam*
4. *Omam* fried *Chooranam*
5. *Indhuppu* (or uppu *chendooram* ½ the dose)
6. *Kariveppillai* (fried with ghee and powdered).
7. *Perunkayam* fried *Chooranam*
8. *Chundai vatral* fried *Chooranam*

} each equal parts or 2½ ounces.

Mixed well and bottled up.

Dose

Thirikadi dose or 10 to 15 grains may be given twice a day with ghee or along with meals.

Indications

Indigestion, flatulence, diarrhoea and dysentry are cured.

Note

Fried nut of ripen mango be powdered and given with ghee.

5. *Kariveppilai chooranam* compound No.4 or *Seetharaktha Moola – Kothippu nivarani*

1. Ripe – mango – fruit – kernel powder (fried with ghee and powdered).
2. *Kariveppilai Chooranam* (fried with ghee and powdered).

3. *Chundai vatral Chooranam* (fried with ghee and powdered).

These are mixed well and given in the dose of 5 to 20 grains twice a day with cow's butter or curd.

Indications

Seetham raktha bedhi, dysentery Moolakothippu and Moolakaduppu are cured.

4. *Thaleesa Podi*

In 'Siddha Maruthuvam' it has been indicated for *'Perunkazhicchal noi'*. (But according to S.V.T it is not indicated for *Perunkazhicchal*).

Vadagam **– preparations**

1. *Talisathi vadagam*

Solanum torvum fruit sized *vadagam* is powdered and given mixed with honey in morning and evening for *kapham, vayu, kirahani* (dysentery), *alasam* (in activity of digestive organs), vomiting, diarrhoea and diseases affecting the sides of the body.

2. *Pirandai Vadagam*

One tablet is given in morning and evening to stimulate appetite and enhance digestion. It is also indicated for helminthiasis, *sayithiya vayu* and *vayu gunmam*.

3. *Vazhai Vadagam*

In Siddha Maruthuvam it has been said as a medicine for *'Kazhicchal noi'* (But in S.V.T. it is not said as such). It is a good medicine for menorrhagia.

4. Kariveppilai Vadagam

It is given in morning and evening in the dose of 'one *vadagam*' for sense of bitter taste anorexia, diarrhoea and digestive disorders.

Mathirai (Tablet) Varieties

1. *Kaphada Mathirai*

One tablet is given in morning and evening with honey for diarrhoea. It is also given with plantain flower juice for *Ratha Kaduppu*, *Moola kaduppu*, *Ratha kirani*, *Seezhkirani*, *Salakirani*, *Sankarakirani*, *Malakirani*, *Vayukirani*, *Sorakazhikirani* and *Adhisara kaduppu*. (Ref.S.V.T).

2. *Kattuvadhi Mathirai* – No. I

It is a very effective remedy for paediatric diarrhoea. The preparations of this medicine are as follows.

1. Preparation

Take a nutmeg (Myristica fragrans) and make a hole in it. Put 400mg of he opium (dried milky latex of Papaver somniferum) into the hole and cover the nut meg with grounded turmeric. Then allow it to dry. Calcine this preparation with 1¼ cow dung cake.

Remove the covering and collect the burnt nut meg. Add equal amount of dates (Phoenix dactylifera) and grind it with breast milk. Collect the ground matter and make it into pills in the size of green – gram. Then allow the pills to dry. One tablet is given in morning and evening with honey or breast milk for paediatric diarrhoea. (Ref. Pulippani – 500).

2. Another preparation : *Kattuvathi Matthirai* – No.2

It is given for childhood period diarrhoea.

Preparation

Take a nutmeg (Myristica fragrans), Arillus of the nutmeg, Aconitum heterophyllum (Indian atees), and opium (dried milky latex of the Papaver somniferum) in each of 2½ *varagan*. Soak them in gingelly oil and grind them for 6 hours. Collect the ground matter and make them into wild liquorice seeds (Abrus precatorius) size pills. Then allow the pills to dry. One tablet is given in morning

and evening with breast milk for diarrhoea; some times it may be given three times a day. (Ref. Birahma Ragasiam part – 2)

5. Oozhi *Mathirai*

One tablet is given in morning and evening with honey or with other adjuvants for oozhi, athisaram, and kirani like diarrhoeas. (Ref. S.V.T)

6. Vacchira kaphada Matthirai

One tablet is given in morning and evening with honey or other adjuvants for *kazhicchal*. (Ref. Siddha Maruthuvam).

***Parpam*, *Chendooram* Varieties**

1. *Indhuppu* (Five salt) *Parpam*

It is given in the dose of 130 to 260 mg in morning and evening with suitable adjuvants (like sour butter milk and *neerakaram*) for the *Gunmam*, *Vatha Kazhichal*, *Vayitru Kaduppu*, *Andavayu* (orchitis), *Kirani* (diarrhoea), *Seriyamai* (indigestion) and *Mahotharam* (Ascites). (For preparation, Refer to page 228-Gunapadam part – II and III and page 87, Kannusamiyam).

2. *Uppu* chendhooram

It is given in the dose of 130 mg to 260 mg in morning and evening with suitable adjuvants for indigestion, peptic ulcer (*gunmam*), heart burn, colic, and dysmenorrhoea.' (Siddha Maruthuvam).

3. *Naga Parpam*

It is given in the dose of 130mg to 260mg in morning and evening with ghee or butter for haemorrhoids, ushna bedhi (diarrhoea with burning), dysentery, kirani, indigestive diarrhoea and vomiting diarrhoea. (For preparation please refer to S.R. Pharmacopoeia see below).

4. *Pavala Parpam*

It is given in the dose of 5mg to 65mg with suitable adjuvants in morning and evening for cough, pulmonary tuberculosis, chronic bronchitis and fever.

In Siddha Maruthuvam, it has also been indicated for *Kazhichal noi*.

It is given, mixed with lemon juice in two or three times a day for *Ushna Seetha Kazhichal*.

5. *Natthai Parpam*

It is given in the dose of 130mg to 260mg with suitable adjuvants for haemorrhoids, tenesmus, rectal prolapse, and other *kazhichal* types.

1. NATHAI PARPAM – (S.R. Pharma)

Take fresh *Natthai* (snail) flesh secured from tanks about 5 lbs. or sufficient quantity. It is cleaned and washed with water and purified by boiling for a while in a solution of *pooneerjalam* and *karchunnaneer* and again washed well.

Next, this purified, *Nathai* whole contents are put in a suitable mud pot covered with a pan seven mud cloth layers are applied, dried and subjected to heavy *putam* in a pit with about 500 to 600 cowdung cakes.

On being cooled, it is secured from the pot, powdered placed in a *kalvam*, rubbed with *Vatta thuththi* leaves juice for 2 days. *Villai* is made and dried kavasam is made dried again and is subjected to open putam with above 400 Cow dung Cakes. It becomes a fine white *parpam*.

Next if necessary one more *putam* may be applied by using the same process. Nice parpam is thus obtained.

Dose : 2 to 5 grains b.d. may be given with butter or ghee or honey or other suitable *anupanam*.

Indications : Diarrhoea, dysentery, prolapses of rectum bleeding piles, tensemus burning of the rectum, anal fistula and fissure etc., are relieved.

N.B. *Sotru Kaththalai* juice may also be used instead of *Vatta thuththi* leaves juice.

2. NAGA PARPAM No. I (S.R. Pharma)

Chirukan Nagam purified as per rules in *Illuppai nei* 10 to 21 times by melting *Nagam* in an iron spoon poured with *Illupainei*. While at the same time dusting with a few pinches of powdered *Navaksharam* each time over the spot where the melted *Nagam* is poured in the oil. (1lb of – *Nagam* purified is taken).

1. Purified *Patharasam* equal part is also taken. *Thonthippu* is made as per rules (i.e. mercury is kept in a small mud *chatty* and another central hole *chatty* is placed over the mercury container. Then the purified *Nagam* is melted and slowly poured through the hole in the upper *chatty* so that the purified and melted *Nagam* and mercury may combine themselves in the bottom *chatty*. *Nagam* now becomes brittle. This is placed in *kalvam*, powdered, added with powdered *Perungayam* half of the quantity of *Nagam* or ½ lb and rubbed together with *Velipparuththi* leaves juice for 2 or 3 days. Pills are made, dried in the Sun, powdered again, placed in a frying pan or steel *kadaayi* or iron *chatty* and burnt over heavy fire, kindling or frying the medicine constantly with an iron *sattuvam*. The medicine catches fire, gives out smoke and ultimately becomes ash coloured. Frying is continued all the while without stoping and for a few hours frying is done even after all smoke is passed away or ceased.
2. Next, the medicine is weighed, placed in a kalvam, rubbed, with the juice of *Velipparuthi* leaves for 2 days, *villais*

(pills) are made, enclosed in a pair or *agals*, dried, seven layers of clay cloth are provided to the junction of the *agals*, dried and subjected to *putam* with about 300 to 400 *varatties* in a pit in an airtight compartment. On being cooled it is taken out, powdered, weighed, and preserved in a bottle if the *parpam* is very fine and well finished.

3. If not, for a third time *parpam* may be rubbed with the same *velipparuthi* leaves or *sotrukaththalai* juice for 2 days, *villais* may be made and subjected to *putam* as before. Now the *Naga parpam* becomes excellent in colour with fineness, It is in sandalwood colour.

Dose : 2 to 4 grains may be given with honey or cow's butter or ghee, or other suitable *anupanams* twice a day.

Indications : Diarrhoea, dysentery, piles, fistula, colitis, enteritis, gonorrhoea, leucorrhoea, *dhadhu nattam* and seminal weakness are cured. When given for 20 to 30 days *piles* are radically cured.

SPECIAL NOTE FOR *NAGA PARPAM* No. I

After being rubbed with *Velipparuththi* leaves, juice the compound of *Rasam* and *Nagam thontham* with *perungkayam*. *Villai* is made, dried, powdered, fried in an iron-pan under heavy fire until all the smoke ceases and *nagam* becomes brittle of finely powdered. This powder is then rubbed with *Velipparuththi* leaf juice again for one or two days, *villai* is made, enclosed in a pair of agals, clay cloth is made and subjected to *putam* with 600 *varatties*, on being cooled, it is taken out and found very fine *parpam*.

This is the best process for this type of *Naga parpam*.

3. *NAGA PARPAM* No. II OR *NAGA SANGU PARPAM* (S.R. Pharma)

1. *Chirukan nagam*, purified in *Illuppai nei* 21 times (2 ½ ounces)
2. Ordinary raw *sangu* purified – 2 ½ ounces powdered.

Nagam is melted in an *iruppu kadaay* over the fire and when it is being melted, *Sangu* powder is given krasam little by little and fried well. This process is done until the whole *Nagam* is turned brittle and formed as fine powder along with *sangu* powder.

This brittle *nagam* compound is then placed in a *kalvam*, rubbed with *Veliparuththi* leaves juice or *kumari* juice for 2 days made into a *villai*, enclosed in a pair of suitable agals seven layers of clay cloth are provided to the junction or *agals*. Dried and is subjected to *putam* with about 300 *varatties* in a pit. On being cooled next day, it is taken out and the above process of rubbing with *Velipparuththi* leaf juice or *kumari* juice and *putam* are repeated once more. It then becomes an excellent white *Parpam*.

Dose : 2 to 4 grains may be given b.d. with cow's butter or ghee or honey or other suitable *anupanams*.

Indications : Gonorrhoea, gleet, leucorrhoea, piles, fistula, diarrhoea, dysentery and *thadhunattam* are cured.

4. *THUTHTHA NAGA PARPAM* OR *NAGA PARPAM* No. III (S.R. Pharma)

1. *Thuththa Nagam* purified - 1 Ib
2. *Patharasam* purified - 1 Ib

Thonthippu is made as per rules, placed in a *kalvam*, powdered, adding *Perungkayam* ½ lb rubbed together with *velipparuththi* leaves juice for 2 days, made into a thin villai iron pan, dried well, fried under heavy fire until, the smoke ceases and *nagam* becomes brittle and finally powdered.

This powder is then rubbed with *velipparuthi* juice again for 1 or 2 days, *villai* is made, enclosed in a pair of *agals*, clay cloth is made to the junction of *agals* with 7 layers, dried and subjected to heavy *putam* with about 600 cow dung cakes. On being cooled it is taken out, weighed powdered and bottled up. It is found an excellent nice *parpam*. If not, one more *putam* by rubbing, with the same *velipparuthi* leaves or *kumari* juice may be applied.

Dose : Uses and *anupanam* etc, are the same as that of *Naga parpam* No.1

5. *NAGA PARPAM* No. 4 (S.R. Pharma)

Chirukan Nagam purified 4 oz, is taken and *thonthippu* is made with equal part of purified *patharasam* as per rules. This is then rubbed with *Puliyarai* leaves juice for 2 days. Pills are *(villai)*, made, dried, enclosed in a pair of suitable *agals*, clay cloth with seven leaves are applied to the margin, dried and *putam* is applied in a pit in an airtight compartment with about 300 Cow dung Cakes. On being cooled next day, it is taken out, powdered in a *kalvam* rubbed with the same *puliyarai* leaf juice, *villai* made and *putam* is applied as before. It must be a fine *parpam* by these two *putams*.

If it is not satisfactory it may be subjected to one or two more *putams* by rubbing it with the juice of *velipparuthi* leaf juice and if necessary with *Kumari juice* (*Shotru kathalai* juice) as before may be done as per rules. Then the *parpam* becomes properly finished.

Dose : *Anupanam* and uses are the same as that of *Naga parpam* No. I.

6. *NAGA PARPAM* COMPOUND (OR) *MOOLA NOI – NIVARANI* No. 1 (S.R. Pharma)

1. *Naga parpam* No.1 or 2, 3 or 4- one part or 21 *tolas*.
2. *Kodi pavala chunnam* No. II 1/3 part or 7 *tolas*.

3. *Karpura silajathu parpam* No. V. 1/3 part or 7 *tolas*.
4. *Amaiodu parpam* No. II. 1/3 part or 7 *tolas*.

These four ingredients are mixed in a *kalvam*, rubbed with *kumari* juice (*sotrukaththalai*) for 2 or 3 days, dried with the *kalvam* and then rubbed with *Adathodai* leaf juice for 2 or 3 days, Pills *(villais)* are made, enclosed in suitable agals, clay cloth with seven layers are made at the margin dried and *putam* is applied with 600 *varatties* in a pit in an airtight compartment. On being cooled, it is taken out, weighed and powdered.

Similarly second *putam* is applied by rubbing with *Adathodai* leaf juice for 2 or 3 days and pills are enclosed in the rubbed paste of *Adathodai* leaves. They are subjected to open *putam*. Now it becomes an excellent compound *parpam*.

Dose : 2 to 4 grains may be given twice a day with cow's butter or ghee or honey or *karunai legiyam* or other suitable *anupanam*.

Indications : *Piles*, *grahani*, dysentery, *manthabedhi*, *asanakaduppu* etc., are cured. This is also useful as an aphrodisiac.

6. *Naga Parpam* – Mixture

It is given in the dose of 130 mg to 260mg with suitable adjuvants in morning and evening for *moolam* (haemorrhoids), diarrhoea, dysentery, *mantha bedhi* (indigestive diarrhoea), tenesmus, (massive diarrhoea) and *perumkalicchal noi'*. It also acts as an aphrodisiac. (S.R. Pharma – See below).

7. *Lingatthuvar* – (Padiga Linga Chenthooram)

It is given in the dose of 390mg to 650mg in morning and evening for mucous dysentery, blood dysentery and menorrhagia with ghee and butter. It is given for diarrhoea, with honey. (S.V.T)

8. *Muthu Parpam* :

One grain dose is given in morning and evening with Aegle marmelos leaves for '*Adhisaram*'. It cures more diseases if given with suitable adjuvants. (S.V.T.)

9. *Annabedhi chenthooram*

It is given in the dose of 130mg in morning and evening with suitable adjuvants for fever, mucous diarrhoea, and anaemia. Also it is given for diarrhoea with honey. (S.V.T.).

Legiyam varieties

1. *Inji Legiyam*

It is given in the dose of catechu nut size in morning and evening for *vayu*, *pitham*, vomiting, epigastric pain, anorexia, anorexia, nervosa, *attagunmam* and borborygmi. (S.V.T). It is also called as *kandatthiri legiyam*. In *Siddha Maruthuvam* it is also indicated for *kalichal* (diarrhoea). (S.V.T) – (S.R. Pharma).

2. *Sathikkai Legiyam*

It is given in the dose of Emblica fruit size in morning and evening *kural kammal* (hoarseness of voice), *kannerivu* (burning sensation of eyes), *kaikal erivu* (upper and lower limbs – burning sensation), *sobai* (dropsy), *vikkal* (hiccup), *shayaerumal* (cough in Tuberculosis), *thega asathi* (fatigue), *ulaicchal* (restlessness), *kanthal* (pyrexia) *udamburugal* (emaciation), loss of appetite, spermatorrhoea, thirsty, borborygmi, flatulence due to biliousness, haemorrhoids, dysuria, oliguria, *athisaram* (diarrhoea), and dizziness due to biliousness. This medicament is continued for 48 days for complete cure.

Diet Restriction

Avoid toddy, liquor, cock, fish and meat.

Preparation : (Manuscript)

Group (a)

Take cow's milk, tender coconut water, coconut milk and Moringa oleifera (Horse – radish) flower juice each of 1.3 litre.

Group (b)

Take Myristica fragrans (nutmeg) Arillus of the Myristica fragrans (mace), dried ginger, pepper, long pepper and lesser

galangal (Alpina galanga) each of 1 *palam*. Add cow's milk until the ingredients get immerse in it.

Allow them to soak for 6 hours. Then collect them and dry them under sunlight. And fry them and pound them as *chooranam*.

Group (c)

Take clove (Eugenia caryophyllata), cardamom seeds (Elettaria cardamomum), ajowan seeds (Ptychotis ajowan), *Val milagu* (Cubeba officinalis), poppy seeds (Papaver somniferum) and khus khus root (Andropogan muricatus) each one *palam* (35gm). Fry them and pound them as *chooranam*.

Group (d)

Take *Amaiodu parpam*, *Pavala parpam*, *Mankombu parpam*, *Karpoora silajit parpam* and *Palkaruda pacchaikal parpam* each one *palam*. (35gm)

Group (e)

Palm jaggery – *palam* – 10 (350gm).

Preparation

Take the ingredients of group and boil them in a container until it loses the moisture. Now add palm jaggery (Group – e) in powered form, and mix them well. Add the ingredients of Group b,c, and d, one by one when the preparation attains the '*pagu*' (semisolid) state.

Mix the preparations well. Add unrefined sugar 5 *palam* and cow's ghee 350ml. Mix the preparation once again and put off the container from the fire. Add good quality of honey 75ml, a little later after the preparation has been cooled.

Then mix the preparation and make it into emblica fruit sized pills.

Dose

One pill is given in morning and evening for the diseases said above (manuscript).

Sara punga Vilvathi legiyam

It is given in the dose of 1¼ *varagan* in morning and evening for *pitha vettai*, *pitha pandu*, *shayam* (tuberculosis), *gunmam* (peptic ulcer), *kirani* (diarrhoea), *vaikasappu* (feeling of bitter taste), *vellokkalam*, sialorrhoea, *akkini mantham* (flatulence due to biliousness), *soolai* (colic pain), burning sensation of the upper and lower limbs, and *pitham* – 40. Treatment has to be given for 48 days.

Diet restriction

Avoid, tamarind and bitter substances. Sexual contact and smoking are also avoided. (Siddha Vaidhya Thirattu).

Manappagu varieties

1. *Vilva manappagu*
2. *Kudasa manappagu*
3. *Chemparuthi manappagu*

Any one of these is given in one to 2 tespoonful doses, two or three times a day for *kazhichal noi* as said in *Siddha Maruthuvam*. (SR.Pharma).

Some other preparations

1. *Bedhi Vayittru Kaduppu kudineer*
(For diarrhoea and dysentery).

Take tender country fig (Ficus glomerata) one handful, Coccinia indica tender fruit, Mangifera indica bark (mango) and Mollugo lotoides each one handful amount. Add plantain juice (Musa sapientum) of 4 measures to the total weight of the above preparation. Boil them till reduced into ¼ parts. It is given in morning and evening for *vayittru kaduppu*, *kirani* (diarrhoea) and *bedhi.*

2. Another preparation

Take the burnt preparation of dried ginger with ghee, and pound it to *chooranam*. It is given in the dose of ½ to one *varagan*

(1 *varagan* – 4.2gm) in morning and evening with honey for indigestion, abdominal colic, flatulence and diarrhoea.

3. *Moothanda Legiyam*

It is given in the dose of ½ *varagan* (1 *varagan* – 4.2gm) in morning and evening for *adhisaram* (diarrhoea), *kirani* (dysentery), *seethabedhi* (mucous diarrhoea) and spermatorrhoea. It stimulates appetite and cures *andavatham* (orchitis).

Preparation

Take dried ginger, pepper, long pepper, Cinnamomum zeylanica bark, Tail pepper (Cubeba officinalis), Liquorice (Glycyrrhiza glabra), Anacyclus pyrethrum (Indian pellitory) and purified Indian hemp and make it into *chooranam*. Take also 12 *palam* of honey and 5 *palam* of ghee. Warm the honey by little heating and add the *chooranam* preparation gradually. Then add the ghee and mix the preparation very well. Keep the mixture in an airtight container. It is given in the dose as said above, for the above diseases. Apart from these it is also indicated for *mega noi* (syphilis) and *vayu*. It strengthens the body. Milk and boiled rice are advisable. No need of diet restriction for '*Sugavasi*' (family men).

4. *Thandrikkai legiyam*

It is given in the dose of ½ to 2½ *varagan* (1 *varagan* – 4.2gm) in morning and evening for *adhisaram* (diarrhoea), *kirani* (dysentery), *ratthabedhi* (amobeic dysentery), *moola kaduppu* (tenesmus), *moola noi* (haemorrhoids), *ushna rogam* (hyperpyrexia), *vayu, vayittru porumal* (borborygmus) and *vayittru kaduppu* (bacillary dysentery).

Preparation (Anubava Vaidya navaneetham) **:**

Take outer skin of the Belleric myrobalan (Terminalia bellerica) – 25 *palam* (1 *palam* – 35gm) and add 2 *padi* water. (1 *padi* – 1.3 litre). Allow it to soak for a night. Boil the preparation, in the next day until it reduces into 1/8 part and filter it. Put the filtrate in

another container. Add sugar – 15 *palam*, and boil it until it gets the '*pagu*' (semisolid) stage. Now add the powdered preparation of Aconitum heterophyllum (atees), Mysristica fragrans (Nut meg), opium and purified Indian hemp in each of ¼ *palam* gradually and mix them. Also add ghee 168ml and mix the preparations once again.

Allow the preparation to cool. Now add 84ml of honey and mix them well. Keep this preparation in an airtight container. Dose and the indications of this medicine are as already said above.

5. *Vasambu Chooranam* – Mixture:

(Mostly for younger children in diarrhoea). It is a good medicine for *mantha bedhi* (infantile diarrhoea).

It is given in the dose of 1 to 4 or 4 pinch in morning and evening with breast milk for extrinsic asthma, *kapha noi,* falatulence, vomiting, borborygmus and diarrhoea.

Diet restriction

For the diseases in breast fed babies, feeding mother should avoid pungent and tamarind substances.

Preparation

Page 34 - Kannusamiyam (Very popular in S.R.Lab).

Take dried ginger, pepper, long pepper, cumin seeds, black cumin seeds, rock salt, asafoetida (Ferula asafoetida) and ajowan seeds (Ptychotis ajowan) – (Ashta Deepakkini chooranam). Fry them immediately in moderate heat until they get golden colour. Then pound them well and make them into *chooranam*. Filter them through a clean cloth.

Collect the *chooranam* of the individuals each of ¼ *palam* (1 *palam* – 35gm) and take the burnt sweet flag (Acorus calamus) in equal amount to the total weight of the *chooranam*. (2 *palam*).

Then mix them well by grinding, which is called as '*Vasambu chooranam*'.

Dose and indications of this preparation are as already said above.

6. *Pirandai Uppu* :

It is given in the dose of 260mg to 390mg in morning and evening with hot water or sour buttermilk for indigestion, diarrhoea and flatulence due to achlorhydria. It is also given for *mantham*, *pirali* and milk whitish watery stools.

Preparation:

Take mature Vitis quadrangularis climber remove the nodes and cut the stem into pieces. Then pound them and extract juice. Filter the juice, take ½ *padi* juice (1 *padi* – 1.3 litre) and add common salt – ¼ *padi*. Boil them with little fire until it loses the moisture. Then put off the preparation from the fire. Then cover the closed container, with the layers of '*Seelai mann*' and calcine them with 50 cow dung cakes. Collect the calcined powder in an airtight container. The dose and the indications of this preparations are as said above.

7. *Mathulai odu chooranam*: (manuscript)

One pinch dose is given (3 finger units) in morning and evening with warm water for diarrhoea (with fever). It is also given for other types of diarrhoea with buffalo curd. It is also indicated for *perunkazhichal*, *nina kazhichal* and *kaduppu kazhichal*.

Preparation

Take the outer skin of the pomegranate fruit. Dry them and powder them. Also take the *chooranam* of dried ginger, pepper, long pepper, root of the long pepper, cumin seeds, black cumin seeds, Embelia ribes, Ptychotis ajowan, nutmeg (Myristica fragrans), mace (Arillus of the Myristica fragrans), Hyoscyamus niger (Henbane seeds), kernel of the Emblica fruits (Emblica officinalis), dried Bael fruit, outer skin of the Belleric myrobalan

purified Indian hemp powder, Cannabis indica seeds, opium (Papaver somiferum), cinnamon bark (Cinnamomum zeylanicum), cardamom seeds (Elettaria cardamomum), wild almond tree bark (Sterculia foetida), Tamarind seed coat, Aconitum heterophyllum (atees) and Wrightia tinctoria (sweet Indrajao seeds) in equal quantity. Mix all the *chooranams*. Dose and indications of this medicine are as already said above.

8. *Boopathi chenthooram* (Manuscript)

It is given in the dose of 130mg to 260mg in morning and evening with honey for *kirani* (dysentery) and *athisaram* (diarrhoea).

For fever with or without rigor, it is given with '*Milagu kudineer*' (decoction of pepper). It is also given with Trikadugu for '*vayu*' and '*mega* diseases'(syphilis).

Preparation

Take purified Sulphur-1 *palam* – (35gm), and purified Cinnabar (Red sulphide of mercury – *Lingam*) 2 *palam*. Powder them and also mix them. Grind the mixture with ginger juice for 6 hours and allow the ground matter to dry under sunlight. Take the barks of Eugenia jambolana, (Black berry) Mangifera indica (mango tree), Ficus glomerata (country – fig tree), Terminalia arjuna (Arjuna myrobalan) and Ficus infectoria and also clove (Eugenia caryophyllata). Pour them well and add 4 *padi* water (1 *padi* – 1.4 litre). Boil them until it reduces into 1/8 part and filter it. Grind the above preparation (sulphur, cinnabar mixture) with this decoction for 3 hours. Then add the remaining with little fire until it loses the full moisture. Then put off the preparation from the fire and allow it to dry. Collect the dried powder and keep it in an airtight container. Dose and indications of this medicine are as said already.

9. *Milagau Mezhugu* (Manuscript)

It is given in the dose of 500mg (Chicken pea size) in morning and evening with honey or sugar for indigestive diarrhoea, *perumkazhicchal*, cholera and borborygmus.

Preparation:

Take good quality of Capsicum annum (Spanish pepper) and remove their stalks. Then fry them with honey in moderate fire (don't burn).

Then grind them with honey until it gets '*mezhugu*' (wax like) state. Keep the preparation in an airtight container. It is considered as a good medicine for *'Oozhi noi'* (cholera). Doses and indications are as already said above.

10. *Pooranathi legiyam*

(Page 47 part – VI Brama Ragasiyam)

It is given in the dose of 300mg (a catechu nut size) and 130mg once daily for adult and children respectively. It is indicated for *mantham* (flatulence), *ajeeranum* (indigestion), *ushnabedi* (diarrhoea due to bilious heating), *vayittru eraicchal* (borborygmus) and *pasiyinmai* (anorexia). It also enhances sexual vigour.

Preparation

Take purified Indian hemp (Cannabis indica), cinnamomum leaves (Cinnamomum tamala), cinnamomum bark (Cinnamomum zeylanicum), Poppy seeds (Papaver somniferum), sweet fennel (Pimpinella anisum), Cardamom seeds (Elettaria cardamomum), Greater galangal (Alpinia galanga), Mesua ferrea (Cobra's saffran), cumin seeds (Cuminum cyminum) Liquorice (Glycyrrhiza glabra), Dried ginger (Zingiber officinalis) long pepper (Piper longum), Flacourtia catapracta (many spiked flacortia) and clove (Eugenia caryophyllata) each of 5 *palam*. (1 *palam* – 35gm).

Nutmeg (Mristica fragrans) and mace (Arillus of Myristica fragrans) each of 2½ *palam*, pepper -10 *palam*, honey - 10 *palam*, ghee - 20 *palam*, sugar - 15 ser (1ser -280gm) and lemon juice or sour Citrus acida juice -3/4 *padi*.

First fry and pound the raw materials, then make them in to *chooranam*. Prepare '*pagu*' (sweet syrup) with lemon juice and sugar, and add the *chooranams* gradually. Mix the preparation well and add ghee. Put off the preparation from fire and allow it cool. Then add honey and mix the preparation once again.

Keep it in an airtight container.Dose and indications of this medicine are as already said adove.

11. Kattuvathi Legiyam

It is given in the dose of Solanum torvum fruit size in morning time only for3 days for bacillary and amoebic dysentery, *mantham* (flatulence) and *ajeeranum* (indigestion).

Preparation

Take Aconitum heterophyllum (Atees), galls of Terminalia chebula (Chebulic myrobalan), Quercus infectoria (oak galls) pomegranate fruit outer skin (Punica granatum), nut meg (Myristia fragrans), cinnamomum bark (Cinnamomum zeylanicum) red poppy petals (Papaver somniferum), poppy seeds (papaver somniferum), kernel of the Mango (Mangifera india) and tamarind seed coat (Tamarindus indicus) in each of 4.2gm, opium (Papaver somniferum) and purified oxgall (*korasanam*) each of ½ *varagan*, good quality of jaggery -½ *palam* and ghee -1 *palam*. Pour the raw materials first and make them into *chooranam*.

Boil the ghee and add powdered jaggery. Then mix the *chooranams* gradually. Put off the preparation from fire and allow it to cool. Then add honey and mix it. Dose and indications are as already mentioned above.

12. *Vellaipoondu kalikkam*

(Yugi Vadha Vaidhya Vilakkam -200 –Manuscript)

Take a tender coconut and make a hole in it. Collect the coconut water in a vessel. Put the decorticated garlic in required amount in to the coconut through the hole. Then cook the coconut and collect the cooked garlic. Mix them well and give the mixture with tender coconut water for *moolam* (haemorrhoids), *vikkal* (hiccup), *kalicchal* (diarrhoea) and *kirani* (dysentry).

DIET

If the diarrhoea is excessive or massive twice boiled rice water should be given. Barley water (boiled) is also good.

When the symptoms seen to get alleviated the quality of food can be gradually increased.

Twice boiled rice is given with buttermilk first. If it is digested the quantity of food to be taken may gradually be increased and the tender fruits of fig (Ficus religiosa) and Indian beans can be given.

ADHISARA HARAM, (SATHA SULOGAM)

Drugs precribed for Adhisaram:

Root of Sida acuta, seeds of Wrightia tinctoria (sweet Indrajao seeds), kernel of mango fruit tree bark (Mangifera indica), Aristolochia bracteata (Birth wort), pomegranate (Punica granatum), Bael fruit (Aegle marmelos), plantain flower (Musa sapientum), Cocus nucifera flower (coconut tree flower), clove (Eugenia caryophyllata), Caesalpinia bonduc (Bonducella nut), Phyllan thus multiflorus, Hygrophila spinosa seeds, Andropogan muricatus (khus khus root), Tamarind seeds, root bark of the Tamarindus indicus, Oxystelma esculentum bark, nut meg (Myristica fragrans), Mimosa cinerea, Pterocarpus marsuprum (Indian Kino) bark, fried paddy, Vitex negundo (five leaved chaste tree) tender leaves, Enicostemma littorale seeds, cumin seeds

(Cuminum cyminum), Dates (Phoenix dactylifera), Long pepper (Piper longum), Symplocos racemosa (lodh tree), Acacia catechu, Eugenia jambolana, Terminalia chebula (chebulic myrobalan), Hedysarum alhagi (ouralabha), Sterculia foetida (poon tree) bark, dried ginger, Bombax malabaricum (Silk cotton tree- gum), gum, milk gingelly oil, Ricinus communis (castor seed) Ajowan seeds, (Ptychotis ajowan), Anthocephalus cadamba (wild cinchona) bark, Shorea robusta (sal tree gum), Indian hemp (Cannabis indica), Cassia auriculata bark ghee, honey, Cow's curd, Aconitum heterophyllum (Atees), Exoecaria agallocha (Tiger s milk tree) and (goat's) curd are the drugs usuful for 'Adhisaram' (diarrhoea).

(Certain Proven Siddha Medicines for diarrhoea are mentioned below).

1. DIARRHOEA CURE POWDER No. 1 (SPECIAL) (S.R. Pharma)

Ingredients:

1.	*Grahani Kapada chooranam* No.1	1 part
2.	*Vasambu chooranam* compound	½ part
3.	*Naga parpam*	¼ part

The above three ingredients are taken, mixed well and bottled up.

Dose : 5 to 15 grains according to the age may be given 2 or 3 times a day.

Diet : Milk and bread or rice or sago *canjee* may be given.

Indications : Diarrhoea *grahani* and *mantha bedhi* in children are cured.

2. DIARRHOEA CURE POWDER NO. 2 (SPECIAL) (S.R. Pharma)

Ingredients:

1. *Thalisathi Vadagam* powdered — 1 Part or 2 oz.
2. *Lasunathi vati* or *vellai poondu mathirai* powdered. — ½ part or 1 ounce
3. *Naga Parpam* No. 1 — ¼ part – ¼ ounce
4. *Nathai Parpam* — ¼ part – ¼ ounce

All the above are mixed well and preserved.

Dose : 5 to 10 grains mixed with honey be taken 2 or 3 times a day according to the severity of the disease.

Indications : Diarrhoea, grahani and indigestion, etc., are cured in 2 or 3 doses.

3. DIARRHOEA CURE MEZHUGU OR GRAHANI KAPADA MEZHUGU

Ingredients:

1. *Masikkai chooranam* — 10 *tolas*.
2. *Jathikai chooranam* — 10 *tolas*.
3. *Vellai Kasukatti* — 10 *tolas*.
4. *Abin* 2 ½ *tolas* if available or in its absence *Posthakai thol*, extract powdered 5 *tolas* may be substituted (we can prepare even without this item)
5. *Lavangam chooranam* — 5 *tolas*.
6. *Lavangapattai chooranam* — 5 *tolas*

These five or six ingredients are taken in the above proportion, mixed together in a *kalvam*, rubbed with honey into a waxy consistency or *mezhugu patham* and then bottled up.

Dose : About a *chundaikai* size for adults or about 5 to 10 grains may be given well mixed with honey 2 or 3 times a day, for children under 12 years the dose may be reduced according to their age.

Indications : Diarrhoea (grahani), dysentery, colitis, spure and enteritis etc., are excellently cured.

Diet : Liquid diet.

4. VASAMBU CHOORANAM COMPOUND FOR CHILDREN (SPECIAL) (S.R. PHARMA)

Ingredients:

1. *Vasambu* burnt up char 10 *tolas*.
2. *Aṣhta deepagni chooranam* 10 *tolas*

These two are mixed well in a *kalvam* and bottled up.

Dose : 2 to 5 grains B.D. with breast milk or honey may be given.

Indications : *Mantha noi***,** indigestion, vomiting, diarrhoea, *chalikattu, allu mantham* or *neerkanai* and gastro-inestinal disorders in children are relieved.

Note : When this is given with *Kapada chooranam*, each about 2 pinches *Manthabedhi*, indigestion and vomiting are immediately controlled.

Note : One viss raw *vasambu* on being burnt up weighs about 9 to 10 *tolas* of *Vasambu*- burnt up char.

5. KATTUVATHI CHOORANAM (SPECIAL) FOR CHILDREN (S.R. Pharma)

Ingredients:

1. *Grahani Kapada chooranam* ... ... 2 oz.
2. *Vasambu chooranam* ... ... 2 oz.

3. *Aamai odu Parpam* No. 2 or 3 ... ... 1 oz

4. *Naga Parpam*, No.1 ... ... ¼ oz.

These are mixed and bottled up.

Dose : 2 to 4 grains according to the age of children be given twice or thrice a day with honey or other suitable *anupanam*. (adjuvant).

Uses : Diarrhoea, of all kinds are cured in children.

6. GRAHANI KAPADA CHOORANAM NO. 1 OR DIARRHOEA CUM DYSENTERY CURE (S.R. Pharma)

Ingredients:

1. *Masikkai chooranam* ... 1 part
2. *Jathikai chooranam* ... 1 part
3. White *kasukatti chooranam* ... 1 part
4. *Abin* powder if available ¼ to ½ part may be added.

All these ingredients are nicely powdered, mixed together and preserved in a bottle.

Dose : 5 to 15 grains according to the age may be given well mixed with honey. Better to give this with a few grains of *Vasambu Chooranam* compound and *Naga Parpam* No. 1 or *Nathai Parpam* in cases of diarrhoea. But in dysentery this *kapada chooranam* or the other *Seethabedhi chooranam* may be given with a few grains of *Sringi chooranam* compound or *Kasukatti chooranam* compound and *Naga Parpam* or *Nathai Parpam*. (Separate recipies for diarrhoea and dysentery are noted elsewhere).

Indications : Diarrhoea, colitis, sprue and dysentery are cured when given as indicated above. Very good response is recorded in all these cases.

Note : In the absence of opium, *Posthakai thol* extract nicely powdered ¼ th part be added and used. If not, it may be omitted.

7. GRAHANIKAPADA *CHOORANAM* NO. II SEETHABEDHI *CHOORANAM* (S.R. Pharma)

Ingredients:

1. *Salamisri chooranam* ... ... 1 part
2. *Masikkai chooranam* ... ... 2 part
3. *Jathikai chooranam* ... ... 1 part
4. *Cheena karkandu chooranam* ... ... 2 ½ part

These are well mixed and preserved in a bottle.

Dose : 5 to 15 grains be given with honey 2 or 3 times a day as that of *Grahani kapada chooranam* No.1

Uses : Diarrhoea, dysentery and colitis are cured. Better to give this powder along with a dose of *sringi chooranam* or *Kasukkatti chooranam* and *Naga Parpam* No. I in cases of sprue and dysentery with blood, mucus and tenesmus for quick relief.

8. ATHISARAM GRAHANI NIVARANI OR DIARRHOEA CURE POWDER No. 3 (S.R. Pharma)

Ingredients:

1. *Thalisathi Vadagam* ... 4 oz.
2. *Vellaipoondu* (*Maathirai*) Powdered *Chooranam* ... 4 oz.
3. T. *Naga Parpam* ... 4 drams.
4. *Nathai Parpam* ... 4 drams

5. *Amai odu Parpam* No. 2 or 3 ... 4 drams

These are mixed well and bottled up.

Dose : 5 to 10 grains be given 2 or 3 times a day.

Indications : Diarrhoea of all kinds and indigestion are cured.

9. OMA LEGIYAM

Select best sort of Omam, remove the husk with hands in a *muram*, and then weigh 10 *palams* or 30 tolas.

This is kept soaked in pure and fresh *Poduthalai* juice of about Ibs. 2. for a day. Next day onwards this *omam* with the juice is kept in the sunlight and dried completely.

Thereafter this *omam* is again kept immersed in pure and fresh *velipparuththi* leaf juice Ibs 2. for a day. Next day onwards it is kept in the sunlight to be dried completely.

It is then placed in a *muram*, crushed with hand, removed of outer covering and then ground in a grinding stone or pounded into fine powder in a stone mortar.

Next *panaivellam* 10 *palams* or 30 *tolas* and white sugar 10 *palams* or 30 *tolas* are made into a syrup on the fire, the above *omam pavanai* powder is added to it and mixed well. Cow's ghee Ib. 1 is added and mixed well. Removed from the fire and cooled. Honey Ib. ½ is added and preserved in a bottle.

Dose : ¼ to ½ *tola* twice a day.

Indications : All sorts of diarrhoea, *grahani*, indigestion and flatulence are cured. This may be advantageously given with *Aya chendooram* or *Linga kattu chendooram* in all gastro-intestinal disorders.

10. *Oma legiyam* (Manuscript).

It is given in the dose of ¼ to ½ *thola* (1 *thola* – 12 gm in morning and evening for *Adhisaram* (diarrhoea), *Kirani* (dysentry), *Ajeeranam* (indigestion) and *porumal* (Borborygmus). Apart from this, *Ayachenthooram*, *Linga kattu chenthooram* - any one of these be given with '*oma legiyam*'. It corrects the defected digestive organs expeditiously.

28. NINA KAZHICHAL (DYSENTERY)

Treatment

In dysentery, the vigour of the body is depressed by the diet irregularities. The *'Azhal'* humour is also affected which causes indigestion. So the stagnated stomach food gets soured. The '*Viyanan*, '*Abhanan*', '*Udhanan*' and '*Samanan*' are also exceeded from their normal states, by the stimulation of '*Azhal*' humour.

The excessive '*Viyanan*' causes belching, vomiting, hiccup, thirsty and sialorrhoea. Flatulence borborygmus adominal colic and diarrhoea are caused by the '*Abhanan*' *vayu* in excess.

The excess *Samanan* causes malnutrition in the body by affecting the transport of assimilated foods. It will result in general weakness, anaemia and pedal oedema.

The '*Udhanan*' defection not only causes indigestion but also causes inability to help in other humours defections.

If the symptoms in the disease persist without all eviation, the humour already affected may allay with other one or two humours and cause severe afflictions which may be even fatal.

So what the physician has to mind first is to allay the deranged *Azhal* humour or the excessive or defected humours. (*Thontham*). Deranged humours should be corrected by giving anti diarrhoeals, stomachics, digestives and hemetenics.

Correct medicines and diet are also advised according to the symptoms and signs of the disease.

Treatment described in '*Siddha Maruthuvam*'

Decoction varieties: 1

Take the ribs of the neem leaves and curry leaves (Azadirachta indica and Murraya koenigii), dried ginger, cumin seeds and ajowan seeds (Ptychotis ajowan) in equal quantity and prepare decoction as per procedure. It is given for *seetha kazhichal*, *nina kazhicchal* and *eruvai errichal* (burning sensation in anus).

2. Another preparation

Take the bark of Sterculia foetida (poon tree), nutmeg (Myristica officinatis), Mesua ferrea (cobra's Saffron), Cyperus rotundus (nutmeg), dried ginger, pepper and long pepper each of one *palam* (35gm) and prepare the decoction as per procedure. It is given in the dose of 84ml in morning and evening for '*nina kazhichal*'.

3. Another preparation

Take the unripe fruits of Hibiscus rosasinensis (common garden Hibiscus) and Lippia nodiflora, ajowan seeds (Ptychotis ajowan), Tamarindus indicus seed- outer skin and Cinnamomum zeylanica bark each of one palam. Add 2 padi of water. (1 *padi* - 1.3 litre). Boil this preparation until it reduces into 336ml.

It is given in the dose of 84ml in morning and evening times with Quercus infectoria powder (Oak galls) for *nina kazhichal*.

4. Another preparation

Take the shells of wood – apple (Feronia elephantum) and Bael fruit (Aegle marmelos) and Odina odier (Indian ash tree), Eugenia jambolana seeds, Coccus lacca (kombarakku), Nutmeg (Myristica officinalis), mace (Arillus of Myristica officinalis) Aconitum heterophyllum (Indian atees), Mesua ferrea (cobra's saffron) and Hedyotis umbellata root bark each one *palam*. Add 2 padi water and boil the preparation until it reduces to 336 ml. and then filter it.

It is given in the dose of 84ml in morning and evening with one pinch of fried asafoetida for *kuruthi kazhicchal* (dysentery with blood).

5. Another preparation

Take Morinda tinctoria (Indian mulberry) leaves and Lippia nodiflora leaves each one handful. Cut them into pieces and fry them adding honey. Add 2 *padi* water, barks of the Ficus bengalensis (Banyan tree) and Cinnamomum zeylanicum, garlic (Allium sativum), cumin seeds (Cuminum cyminum), pepper (Piper nigrum) and Hyoscyamus niger (Henbane seeds) each ½ *palam*, in powder form.

Boil the preparation well until it reduces to ¼ *padi*. Then filter it.

It is given in the dose of 84ml in morning and evening with fried and powdered asafoetida (Ferula asafoetida) one pinch for dysentery and *vayu* due to 'heat'.

6. Another preparation

Take the dried Phyllanthus emblica fruit (Emblica fruit), Aconitum heterophyllum (Indian atees), tender Bael fruit (Aegle), Cyperus rotundus (nut grass), Mesua ferrea (cobra's saffron), tender pomegranate fruit (Punica granatum), ribs of the Moringa oleifera (Horse radish tree), and neem tree (leaves) – Azadiracta indica, and the tender leaves of Eugenia jambalona each of one *palam*. Add 2 padi water (2.8 litre) and boil them (35gms) until it reduces into 1/8 part. Then filter it. It is given in the dose of 84 ml in morning and evening with 2 pinch of the mixture of tender Chebulic myrobalan and Indian gallnut (Terminlia chebula) for *Nina kazhichal*.

7. Another preparation

Take Dried ginger, pepper, long pepper, Aconitum heterophyllum, Mesua ferrea, Cinnamomum zeylanicum bark,

nutmeg (Myristica officinalis), mace (Arillus of the Myristica officinalis), and ajowan seeds (Ptychotis ajowan) each 35gm, dried Solanum torvum fruit, and Ferula asafoetida (Asafoetida) each ½ *palam*, and dried Vitis quadrangularis 2 palam. Add 2.85 litre of water and boil the preparation until it reduces into 1/8 part. Then filter it. It is given in the dose of 84ml in morning and evening with one pinch of Rocksalt (*Induppu*) for *gunma kazhicchal* (diarrhoea due to peptic ulcer).

8. Another Preparation

Take Vitis quadrangularis (fresh), Coriandrum sativum leaves, curry leaves (Murraya koenigii) and Trigonella foenum graecum leaves (Fenugreek leaves). Pound them and extract juice. Take the juice 84 ml and mix buttermilk (Buffalo) 84ml and mix the preparation well. It is given in the dose of 84ml, with one pinch fried asafoetida (one finger unit) in morning and evening for *Nina kazhichal*.

9. Another Preparation

Take Plumbago zeylanica root bark, (Ceylon leadwort), dried ginger, pepper, long pepper, Aconitum heterophyllum (Indian atees), Pimpinella anisum (Sweet Fennel), Sterculia foetida bark, Ferula asafoetida (Asafoetida) and garlic (Allium sativum) each of 35gm. Add 2.8 litre of water and boil it until it reduces into 1/8 part. Then filter it. It is given in the dose of 84 ml, mixed with 2 pinch of *kambi uppu (kambiuppu* is a superior salt petre which has been boiled six times and then filtered) 2 or 3 times a day for post-partum diarrhoea.

Mezhugu Varieties

1. *Oozhi Mezhugu*

It is given in the dose of 65mg in morning and evening with palm jaggery or honey for *Oozhi noi* (Cholera), *Kazhichal* (diarrhoea), *Kirani* (dysentery), *Vatha noi* and *Sannibatha noi*.

Preparation (Manuscript)

Take purified Cinnabar (Red sulphide of mercury), Mercury, Hydrargyrum perchloride (corrosive sublimate), Camphor and Benzoin resin (Styrax benzoin) in equal quantity. Powder them and mix them. Then grind the mixture with honey until it gets '*Mezhugu*' state, and then store it in an air–tight container.

N.B :

Linga kattu chendooram, *Rasaparpam*, and *Savveera kattu parpam* may be used instead of *Lingam*, *Rasam* and *Veeram* respectively.

2. Sathikkai Mezhugu

It is given in the dose of 130mg in morning and evening for *Kazhichal noi* with honey.

3. *Linga Mezhugu*

It is given in the dose of 130mg to 260 mg in morning and evening for all kinds of *kazhichal noi*. Use different adjuvants according to the diseases.

Preparation (Manuscript)

Take purified Cinnabar (lingam), Indian hemp (Cannabis indica) and opium (Papaver somniferum) each of ½ *palam*. Grind them well and add nutmeg (Myristica officinalis), mace (Arillus of the Myristica officinalis), Aconitum hererophyllum (Indian atees), Mesua ferrea (Cobra 's Saffron), Flesh of Bael fruit), Aegle marmelos), Bombax malabarica gum and Datura seeds) (Datura alba) Thorn apple each of ¼ *palam*. Pound them to powder and mix with plantain flower juice (Musa sapientum). Grind them well until it attains the '*mezhugu*' state.

Take sour, tender pomegranates and make holes in them. Put the ground matter with in the tender fruits. Cover the fruits with *seelai man* layers of the buffalo dung. Then calcine the preparation. Then remove the '*seelai* layers' and grind them well

until it gets the '*Mezhugu*' state. Then add the supernatant of Buffalo curd and grind them for 3days. Get the preparation in '*Mezhugu*' like state and keep them in an air- tight container. This preparation is called as '*Linga mezhugu*'.

PARPA CHENDOORAM

1. *Naga Parpam*

It is given in the dose of 130mg to 260mg in morning and evening with honey or ghee and or butter or with any other suitable adjuvant for all kinds of *kazhichal noi.* Apart from these, it is also indicated for *Moolam*, *Paganthiram*, *Vellai*, *Vettai* and *Thathunattam*. (For preparation please refer – chapter -27).

2. *Muthu Parpam*

It is given in the dose of ½ to one grain with suitable adjuvants in morning and evening for *athisaram*, *sobai* (dropsy), *arusi* (loss of taste), *thegam kundral* (emaciation), *kannoi* (eye diseases) *pithhathikkam, silvisham, kaya noi, kozhai kattal* (phlegm aggregation), *kozhai manasu* (fearfulness), *inthiriya nattam* (spermatorrhoea), *malaikkan* (nyctalopia), *ushnam athikkam, vali noi, moolam, pitham, vatham,* frequent defaecation, *uttkaichal, vomiting, kasam,* (cough), *eraippu* (asthma), *rattha pitham* and *tamaraga noi* (cardiac diseases).

Generally, it is good to give '*Muthu parpam*' with butter (cow) or ghee. For *kazhichal noi* (diarrhoea) it is given with some anti – diarrhoeal adjuvants which are also general alteratives.

The following method of preparation of '*Muthu parpam*' is being adopted in Siddha Research centre.

3. *MUTHU PARPAM*

Pearls (best quality)	…	…	1 ½ *tolas*
Muppu Guru	…	…	2 grs.

These are powdered in a *kalvam*, rubbed with *Manjal karisalai* juice for 2 days, *villai* is made, enclosed in a pair of

suitable *agals*, seven layers of mud cloth are provided to the margin, dried and subjected to *putam* in a pit in an airtight compartment with about 150 *varatties* (Cow dung cakes). On being cooled it is taken out and the white *parpam* is powdered, weighed and preserved in a suitable bottle. In a single *putam* it becomes a fine *parpam*.

Dose : ½ to 2 grains b.d. may be given with cow's butter or ghee or with other suitable *anupanams*.

Indications : *Aththi – jwaram, sobai, arosakam*, (tastelessness), general debility, eye diseases, *pithathikkam, cilvisham, kapha* diseases, *kozhaikattu*, weakmind, seminal emission or loss of semen, night blindness, *ushnathickam, valippu*, piles, *piththam, vatham*, sprue, colitis, internal fever, *vomiting, kayanoi, kasam, eraippu rakthapitham* and *thamaraka noi* (cardiac diseases) are all well responded to.

3. *Pavala Parpam*

It is given in the dose of ½ to one grain in morning and evening with suiable adjuvants for *elai* (tuberculosis), *kayam*, hiccup (*vikkal*), pyrexia, and bronchitis (*suvasam*). It is given with warmed lemon juice in two or three times a day for *nina kazhicchal* and *kaduppu kazhichal* (for preparation please refer S.V. T. and S.R. pharmacopoeia).

4. *Annabedhi chendooram*

It is given in the dose of 130mg in morning and evening with suitable adjuvants for fever, *seetha bedhi* and anaemia; mostly it is given with some other medicines for *'kazhichal noi'*.

5. *Chanda Marutha Chendooram*

It is given in the dose of 130mg to 260mg in morning and evening with palm jaggery or *Trikadugu chooranam* honey mixture for *sanni* -13, *gunmam*-8, *thosham* -7, splenic and hepatic diseases, *magodaram* (ascites), *vatham* - 80 and *pakkavatham* (hemiplegia).

Medicines will be given for 5-7 days. It is given, mixed with little bit of opium (Papaver somniferum) for *Adhisaram* (diarrohea) and *Nina kazhichal*. The preparation, dose adjuvants and indications of this medicine are mentioned below as used in Siddha Research Cantre.

These two preparations are good and relieve the disease rapidly.

4. CHANDAMARUTHAM NO. 1 (SPECIAL) (S.R. Pharma)

1. Purified *Jathilingam* or *Jathilinga kattu chendooram* — 8 parts.
2. Purified *Rasakarpuram* or *Rasa karpura kattu parpam* — 10 parts.
3. Purified *Shavviram* or *Veera kattu parpam* — 2 parts
4. Purified *Ghendakam* or *Ghendaka kattu parpam* — 2 parts
5. Purified *Rasa chendooram* or *Swarna Valai Rasa Chendooram* — 22 parts.

All these 5 ingredients are rubbed well together in a *kalvam* for 4 or 5 days as it is, without using breast milk or other fluids. The longer the compound *chendooram* is rubbed in the *kalvam*, the better will be its effect.

Dose : 2 or 4 grains b.d. may be given for 5 to 7 days enclosed in capsule or palm jaggery or with *Thirikadugu Chooranam* and honey.

Indications : *Janni* 13, *gunmam* 8, *thodam* 7, liver and Spleen diseases, *magodaram*, *vatham* 80, *pakha vatham*, paralysis, tetanus, orchitis, *vali noi*, joint diseases, chorea, rheumatism, *viranam*, syphilis, *soolai noi*, *kandamalai*, *mega-*

ooral in palms and feet, *karumegam*, *vandukkadi*, allergic-dermatitis, bite poisoning, cancer and so many diseases can be tackled with this *chendooram* successfully with proper *anupanams*. This is also useful in hypertension when given with B.P. stabilizer and honey.

SPECIAL NOTE FOR *CHANDA MARUTHAM* No. 1 (SPECIAL)

Note : These five raw drugs purified may also be rubbed with white of eggs in a *kalvam*, small pills are made dried in shade, put in a *kuduvai*, covered with a lid, seven layers of mud cloth applied be to the margin, dried, kept over 3 cornered stones in a *chatty* containing one Madras measure of cow's milk, boiled on slow fire until the milk is almost dried and the medicine is taken out, rubbed in a *kalvam* for 3 hours, until there is no moisture. It is dried well and preserved in a stoppered bottle.

5. *CHANDA MARUTHAM* No. II (SPECIAL) (S.R. Pharma)

1. Purified *Jathilingam* or
   Jathilinga kattu chendooram ... 12 parts.
2. Purified *Rasa karpooram* or
   Rasa karpoora kattu parpam ... 15 parts.
3. Purified *Veeram* or
   Veera kattu parpam ... 3 parts
4. Purified *Ghendakam* or
   Ghendaka kattu parpam
5. Purified *Rasa Chendooram* or
   Swarna Valai rasa Chendooram ... 3 parts.

All these 5 ingredients are rubbed together in a *kalvam* continuously for 4 to 5 days without using breast milk or other fluids. The longer it is rubbed, the greater will be its potency and effect. The colour will resemble coral (*Pavalam*).

Dose : *Anupanam* and uses are the same as that of No.1 *Chandamarutham.*

Note : To avoid mercurialism in certain rare cases, it is better to add ¼ th part of fried *padikaram* or *padikara parpam* rubbed together in a *kalvam* before use. Mercurialism is rare in Nos I and II *chandamarutham.* If it occurs, the medicine should be stopped and the mercurialism be treated separately.

6. *Palagarai Parpam*

It is given in the dose of 130mg to 260mg in morning and evening with honey for *kirani* (dysentry). Besides this, it is also indicated in some other diseases but with different adjuvants. (The preparation, dosage, adjuvants, and indications are given below. (P.No.11)

6. *PALAKARAI PARPAM*
(S.R. Pharma)

Palakarai purified by boiling in *pooneer jalam* and *kalchunna neer* in equal parts and then washed with water 3 Ibs. or quantity sufficient is taken. This is kept soaked in lime fruit juice for one day, then rubbed in a *kalvam* with the same juice for 2 or 3 days. *Villai* is made, dried, enclosed in a pair of suitable *agals*, margin provided with seven layers of mud cloth, dried and subjected to *putam* with about 300 *varatties*. (Cow dung cakes)

Next this *parpam* is rubbed with the juice of *cirunerunjil* for 1 or 2 days, pills *(villais)* are made and subjected to *putam* as before. On being cooled, the *parpam* is secured, powdered and preserved in a bottle. This much is enough for a good *parpam.*

Dose : 2 to 4 grains may be given with honey or cow's butter or ghee or other suitable *anupanams.*

Indications : All *pithakapha* diseases are relieved. This *parpam* is added to our P.S.M.M. *parpam* compound. Leucorrhoea, gonorrhoea, gleet, urethritis, scanty and burning micturition, abdominal pains, *megakangai*, *gunmam* and animal poisonous affections, *kamalai*, liver and spleen diseases, *kasam*, *swasam*, *kayanoi*, *vishajwaram*, inflammation of gastro intestinal tract, thirst and *grahani* are cured.

7. *Nathai Parpam*

It is given in the dose of 130mg to 260 mg with suitable adjuvants for *kazhichal*. It also cures *moolam* (piles), rectal prolapse and (Anal) tenesmus. (for preparation refer to under chapter -27- *Perumkazhichal*),

We have given under some other medicines for '*Nina kazhicchal noi*'.

1. *Sowpakkiya chundi*

It is given in the dose of one pinch (3 finger units) in morning and evening with *neerakaram*, butter milk, or warm water for *ninakazhichal*, indigestive diarrhoea abdominal colic, borborygmus, *pithavayu*, *satthi* and hiccup.

Preparation

Take purified dried ginger (outerskin scrapped) 8 *palam*. (1 *palam* 35 gm). and cut them in to pieces. Allow the pieces to soak in the juices of Fumaria parviflora, Moringa oleifera. Eclipta alba, Mollugo lotoides and Baring tonia speciosa individually.

Then dry them under sunlight and powder them well. Add the *chooranams* of Thakkolam, Celastrus paniculatus. Curcuma angustifolia, Aloe vera. Embelia ribes, Beleric myrobalan (Terminalia bellerica), Emblica officinalis (Indian goose berry), long pepper and long pepper root (each of one *palam)* and mix them well.

It is given in the dose of one pinch (3 finger units), in morning and evening for the diseases, said above.

2. *Pirandai Uppu*

It is given in the dose of 260mg to 520mg in morning and evening with boiled water or sour buttermilk for *Nina kazhichal.* (For the preparation refer to Chapter-27).

3. *Uppu podi* (Manuscript)

It is given in the dose of 260mg to 390mg in morning and evening with Bacopa monnieri juice for *vatha, pitha* and *sethma kirani, moola kirani, vayu kirani, rattha kirani, sankira kirani* and *seetha kirani.*

Preparation:

Take *kariuppu parpam* or chendooram, and add the *chooranams* with fried and powdered asafoetida (Ferula asafoetida), rocksalt (*Inthuppu*), *valaialuppu*, garlic (Allium sativum), dried ginger, long pepper, pepper, purified *pooneeru* (Fuller's earth) (in the *Annakadi Neer*, Fermented rice water), Plumbago zeylanica powder and fried, powdered ajowan seeds in equal amount. Mix them well.

It is given with Bacopa monnieri juice for *kirani kazhichal noi.*

4. *Mathakajakanteerava Mathirai* (S.V.T.) :

One tablet is given in morning and evening with suitable adjuvants for *kirani, vayittru vali* (abdominal colic), *athisaram* (diarrhoea) and *vayittru kaduppu.*

5. *Naabiyathi Mathirai* (S.V.T.)

One tablet is given in morning and evening with ginger juice plus honey mixture for all kinds of *kirani.*

Preparation

Take the black variety of Aconitum ferox (Indian aconite), dried ginger pepper, long pepper, purified Cinnabar (Red sulphide of mercury) and Aconitum heterophyllum in equal quantity.

Fry and powder them to *chooranam*. Mix them well and grind them with lemon juice. Make the ground matter into wild liquorice seed sized tablets. Allow the pills to dry in a shady place.

One tablet is given in morning and evening with the ginger juice plus honey mixture for *kirani kazhichal*.

6. Take the tender unripen fruits of Ficus glomerata (country fig) and Coccinia indica, Mangifera indica bark and Mollugo lotoides each of one handful quantity. Pound them well and add plantain tuber juice in the amount of 4 measures to the total weight of all ingredients.

   Boil them well until it reduces into ¼ part and filter them.

It is given in morning and evening for *vayittru kaduppu* (tenesmus), *kirani* (dysentry) and diarrhoea. (For stanzas refer to under chapter- 27).

7. *Kanjavathi* tablet (Manuscript) :

One tablet is given in morning and evening with suitable adjuvants for *kirani noi*.

Preparation

It is prepared in two methods.

Method - 1

Take Indian hemp powder (Cannabis indica), Aconitum ferox (Indian aconite) powder, Gantha Chenthooram (No- 1/S.R. pharma) and Papaver somniferum in equal quatity.

Pound them well and grind them with Datura fastuosa juice (Black- thorn apple). Then make the ground matter in to pepper sized tablets and allow them to dry in a shady place.

One tablet is given in morning and evening for diarrhoea.

Method - 2

Take the gum obtained from Feronia elephantum (wood-apple tree), and opium (Papaver somniferum) in equal quantity.

Pound them to powder and grind them with Cannabis indica or the Indian hemp decoction. Then make the ground matter into green gram sized tablets and dry them. One tablet is given in morning and evening for 'kirani'.

8. *Soothathi Mathirai* (manuscipt)

One tablet is given in morning and evening with suitable base medicines for all kinds of *kirani*.

Preparation

Take the purified Mercury (Hydrargyrum or *Rasa parpam*), nutmeg (Myristica officinalis), mace (Arillus of Myristica officinalis), purified *gantham* (or *Gantha chenthooram*-No.1), Plumbum *parpam*, fixed and powdered cumin seeds (Cuminum cyminum), and ajowan seeds powder (Ptychotis ajowan) in equal quantity. Mix them well and grind with Cannabis indica juice. Then make the ground matter into pepper sized tablets and allow them to dry in a shady place. One tablet is given in morning and evening with suitable base medicines for all kinds of *kirani*.

9. *Kirani Kapada mathirai* (Another Preparation)

One tablet is given in morning and evening with suitable base medicines for *perum kazhichal* and *nina kazhichal noi*.

Preparation (Manuscript)

Take Myristica officinalis (nut meg), clove (Eugenia caryophyllata), Aconitum heterophyllum (Indian atees), opium (Papaver somniferum), mace (Arillus of the Myristica officinalis), Cinnamomum zeylanicum bark, Cinnamomum tamala and Flacourtia catapracta (many spiked flacortia) in equal amount. Pound them well and powder them.

Take a pomegranate and make a hole in it. Put the powder prepared above, with in the hole and cover the pomegranate with cow dung. Then allow it to dry, calcine the preparation by '*Elagu pudam*' method. (calcinations of medicine in a pile of dried cow dung cakes not exceeding a span in height).

Then collect the calcined pomegranate and grind it with Indian hemp juice (Cannabis indica) or the decoction of Indian hemp. Then make the ground matter into Solanum trilobatum unripe fruit sized tablets and dry them in a shady place. One tablet is given in morning and evening for the diseases said above.

10. *Ayam kenthi chenthooram* (Manuscript).

It is given in the dose of 130mg to 260mg with suitable adjuvant for *kirani* (dysentry), loss of appetite, belching, internal piles, anaemia, eczema, scabies, skin eruptions and urticaria.

Preparation

Take Iron powder – 10 *palam* (350gm) and soak them in alum water for a day. Then clean them and soak them again in lemon juice for an another day. Then collect the iron powder. Take the purified (above) iron powder. 4 *palam*, purified Sulphur – 1 *palam* and Ammonium chloride salt – ¼ *palam*, pound them well and mix them. Grind the mixture with supernatant solution of the lime stones for 5 days. (Allow the ground matter to soak in the lime stone water, at the end of the every day's grinding process. The next day, it will be seen as dried) in an iron vessel.

Collect the ground matter in an iron vessel after all the ground processes had been over; stir the preparation well, under the sunlight. Smoke will come out when the medicine is completely dried out. Now heat the vessel with the fire, from three fire woods. Fry the medicine well. Smoke once again comes out and recedes spontaneously.

Fry the preparation again until the medicine turns to red colour. The end product mostly will be in the same weight of the iron powder. Dose, adjuvant and the indications of this medicine are as already said in above.

11. *Vanmezhugu* : (S.V. Thirattu S.R. Pharma)

It is given in the dose of 65mg in morning and evening with palm jaggery for diarrhoea, abdominal colic, dysentery and also some more chronic diseases.

12. Plantain flower juice (Musa sapientum)

It is given in the dose of 84ml to 168ml in morning and evening for *kirani noi* (dysentry). Treatment should be given for 3 days. (Manuscript).

13. *Eswara Sinthamani Chendooram* : (Manuscript)

It is given in the dose of one to two grain in morning and evening with the chooranm of nutmeg (Myristica officinalis), mace (Arillus of the Myristica officinalis), clove (Eugenia caryophyllata), Henbane seeds (Hyoscyamus niger), ajowan seeds (Ptychotis ajowan) and Indian atees (Aconitum heterophyllum) and honey mixture in one pinch dose (3 finger units) for *kirani kazhichal* (dysentery). Treatment should be given for 10 days.

Preparation

Take purified sulphur – 2½ *palam* (70 gm), Mercury (Hydrargyrum) – 2 *palam*, Cinnabar (Red sulphide of mercury) – 1 *palam* and Red orpiment (Arsenic disulphide) – ½ *palam*. Powder and grind and then mix them well. Grind the mixture with Eclipta alba juice, Punica granatum flower juice, Moringa oleifera flower juice (Indian radish flower juice) and Jasminum grandiflorum juice, individually for 6 hours. Then dry them well and powder them. Put them in a (*Kasikuppi*) amber coloured or blue coloured N.M. bottle may be used. Then cover the crucible with the layers of *seelaiman*. Then allow it to dry. Then start the calcination process with little. fire. Second day, calcine the preparation with big fire (use 4-5 pieces of fuel). Calcination (burning) should be done in between the 8 am. to 8 pm. In night the crucible should be kept warm coals. Collect the final product. It is given with the adjuvant said above, in morning time only for 10 days.

It is indicated for *'Kirani noi'* (diarrhoea). (Refer S.R. Pharmacopoeia for the adjuvant and indications).

14. Decoction for *Grahani*

(Yugi Muni Vatha Vaithiya Vilakkam - Manuscripts)

"பூண்டுபடி அவித்திறுத்துப் புகலரிய திரிகடுகு கஞ்சா விட்டு
கூண்டுவகைக் கொன்றிடு நீகுணமாக வெட்டொன்றாய்ப்
பாண்டுவினால் கிராணிக்குப் பதிலாகக் கொடுத்துண்ணப் பாரிலேகும்
ஆண்டவனே தெய்வமாம் ஆனாதவன் தெய்வம் அல்ல தானே"

Take Allium sativum, dried ginger, Piper longum,Cannabis sativa, Piper nigrum, purified (each 1 *palam*) in a vessel add 1.3 litres of water. Then allow it to boil till it reduces to 1/8 of its original volume. This filtrate is given in a dose ½ to 1 *azhakku* (84 to 168 ml) in morning and evening, or it should be reduced depending upon the patient's condition. It cures dysentery due to anaemia.

15. The drugs already said for Diarrhoea (Perunkazhichal) in chapter – 27 are

1. *Thayir chundi chooranam*
2. *Thalisathi vadagam* (Abies spectabilis)
3. *Mathulaithodu Chooranam* (Punica granatum)
4. *Milakai mezhugu* (Capsicum annum)
5. *Poondu karkam* (Alluim sativum)
6. *Boobathi chendooram*
7. *Nagaparpam, chendooram* (Zinc)
8. *Padigalinga chendooram*
9. *Kattuvathi mathirai*
10. *Vasambu chooranam* mix (Acorus calamus)
11. *Kattuvaathi chooranam*
12. *Grahani Kapada chooranam* No 182.
13. Diarrhoea cure powder No 1 and 2.
14. *Grahani kapada mezhugu*
15. *Kattuvaathi legiyam*

16. *Pooranathi legiyam*
17. *Moothanda legiyam* (Cynodon dactylon)
18. *Thandrikkai legiyam* (Terminalia bellerila)
19. *Nagaparpam* mix
20. *Annapodi @ Kariveppilai chooranam* (Murraya koenigii)
21. *Sundaivatral Chooranam* (Solanum torvum)
22. *Kariveppilai vadagam*
23. *Kabada Mathirai*
24. *Nathai parpam*
25. *Oma legiyam* (Carum coptium)

The above said drugs give best results for *Ninakazhichal* (Sebaceous discharge). They can also be used in this disease also.

16. Some treatment aspects in Siddha Research Institute and in practice for diarrhoea in infants and children:

Kazhichal (diarrhoea), *perunkazhichal* (chronic diarrhoea), *grahani (Caoutchoue)* in infants and children (below 3 years) are named as *Piralee*, *Manthakazhichal* (a kind of diarrhoea in children accompanied by hoarse voice, convulsions etc.), *Kanai* (a kind of atrophy in children due to rickets or tabes mesentrica), green colour stools by Tamil people.

Treatment

For frothy, condensed milky and green coloured stools recurrently occuring in infants.

(i) *Amurthathi Kutigai:*

By triturating a pill with breast milk or any decoction twice a day cures this disease. Apart from this, it cures *maantham* (indigestion) with *masipathri* decoction (Artemisia nilagirica). With clove decoction it cures *maantha suram* (Diptheritic fever) and vomiting. With breast milk it cures *kudarpaduvan* (a kind of

cholera due to poisonous microbes floating in air or urine), *neer paadu* (an ulcer below the knee marked by constant watery discharge), *maantham* (indigestion), eczema, *naavaratchi* (dryness of tongue - xerostomia), burning sensation in stomach, continuous fever, cough and *uppusam* (distended stomach).

(ii) *Amaiodu Parpam*

It is given in the dose of 130 mg with honey or breast milk or other decoctions for *kalichal, mantha suram* and *kanai choodu* in children. It is given in adults for indigestive diarrhoea, piles and *mega kangai*. The preparatory method is given below.

7. *Amaiodu Parpam* No.1 (S.R. Ppharma)

Special for dymenorrhoea. *Amaiodu* 3 lbs purified by boiling in *pooneer jalam* 4 ounce of *pooneer* dissolved in one Madras measure of water and *karchunnaneer* (slaked lime water), one Madras measure then washed with water and dried.

Thalakam 3 or 4 *palams* are taken, powdered, rubbed in a *kalvam* (mortar) with "*Kuppaimeni* leaf juice" into a fine paste with which *kavacham* (membranous covering) is made about ½" thick to all pieces of purified *amaiodu* and dried. Again *kavacham* (membranous covering) is made with the rubbed paste of plain *kuppaimeni* leaves, dried and then subjected to open *putam* (purifying the medicines through sublimation) in a pit in an airtight compartment with about 300 *varatties*. On being cooled next day, it is carefully taken out and weighted.

Next the same first *putam* (purifying medicines through sublimation) finished *amaiodu parpam* (calcined powder) is rubbed with *kuppaimeni* leaf juice in a *kalvam* (mortar) for 2 days. *Villais* (scented tablets, anything incular) are made, and dried. Again *kavacham* (membranous covering) is made with the paste of the *thalakam* 3 *tolas* (white Mulberry) rubbed with *kuppaimeni* leaf juice and dried. Again *kavacham* (membrarous

covering) is made with the rubbed part of *kuppaemeni* leaves, dried and open *putam* (purifying medicines by sublimations) is applied for the second time as before. Now it becomes a very good *parpam* (calcined powder).

Dose

Thuttuedai (a wooden spoon for preparing ghee) is mentioned in ancient works (488 mg) but 2 to 4 grains are enough for a dose. This may be given once a day in morning for 6 days for a course, enclosed in a rubbed mass of pepper or dried chillies in the proportion of 25 on the first day, 20 on the second day, 15 on the 3rd days, 10 on 4th days, 5 on the 5th day and lastly 5 on the 6th day swallowed with water. (manuscript / cudgeon leaves).

N.B

But I have been giving this *parpam* (calcined powder) either alone with simple honey or combined with other *parpams* (calcined powder) and chendoorams, as follows, in cases of dysmenorhoea. This may also be used for children as that of Nos 2&3 *Amaiodu parpams*.

1. *Amaiodu parpam* 2 to 4 grs
2. *Navauppu guru chunnam* 2 gms
3. Pattukaruppu 2 gms
4. *Ashta Chooranam* 5 to 10 mixed gms

If taken twice a day for 3, 5 or 7 days with honey, it gives immediate relief in dysmenorrhoea, scanty menses and amenorrhoea.

Indications

Dysmenorrhoea (or) *soothaka soolai*, scanty menses, amenorrhoea and *mantha noi* are cured. It is a very popular medicine for *dysmenorrhoea.*

8. *Amaiodu Parpam* No.2 (Special) (S.R. pharma)

Amaiodu Q.S. purified in *Pooneer jalam* (efforescence) and *Kalchunnam* (calcinised salt) neer as described under *Amaiodu parpam* No.1 are taken. *Kavacham* (Membranous covering) is made with fine *Kalchunnam* paste, dried in the sun and the *kavacham* (Membranous covering) covered *Amaiodu* pieces are subjected to *putam* (purifying medicines through sublimation) in a pit in an air tight compartment with about 300 *varatties* for one viss of *Amaiodu*. On being cooled, it is taken out, cleaned and weighed.

Now the *putam* (purifying medicines through sublimation) finished Amaiodu is powdered, rubbed with the juice of *Adathodai* leaves or *Kuppaimeni* leaf juice, dried again and subjected to open *putam* (purifying medicines through sublimation) as before for the second time. Now the *parpam* (calcined powder) becomes excellent which may be finely powdered and bottled up.

Dose

2 to 4 grains may be given with honey or breastmilk or other suitable *anupanam* (vehicle) thrice a day.

Indications

This is a children medicine useful in *manthabedhi* diarrhoea due to indigestion fever and *kanaichudu* (intense heat). In adults also it may be given in an increased dose for indigestion, piles and *megakangai* (venereal heat).

(iii) *Pirandai uppu* (Cissus quadrargularis)

1 to 2 *kundri* (130 mg to 260 mg) twice a day with boiled water or sour butter milk cures *Mantha bedhi* (diarrhoea due to indigestion).

(Refer to chapter 27)

(iv) *Vasambu chooranam* mix (Acorus calamus) :

1 to 2 pinch with honey or breast milk twice a day cures diarrhoea.

(Refer under chapter 27)

(v) *Gorosanai mathirai*

1 tablet twice a day with honey or breast milk cures *kalichal suram* (dysenteric fever), heaviness of head, cough, *mantham* (indigestion) and accumulation of phelgm.

(Preparation as follows)

(vi) *Kattuvathi mathirai* for children

1 to 2 tablets twice a day with honey or breast milk cures *kalichal* (diarrhoea). It can also be given with *Oma Theeneer* (decoction) (Carum copticum).

9. *Amaiodu Parpam* No.3 (Special) (S.R. Pharma)

Amaiodu one viss or Q.S. purified in *pooneer jalam* (Efflorescence) and *kalchunnam* neer (water of calcined salt) as described under *Amiodu Parpam* No.1 is taken. *Kavacham* (membranous covering) is made with the ground mass of *Kuppaimeni* leaves, dried and is subjected to open *putam* (purifying medicines through sublimation) in a pit in an air tight compartment with about 300 to 350 *varatties* for one viss of *amaiodu*. On being cooled it is taken out and weighed.

Next, this is rubbed with the juice of *Adathodai* leaves for 2 days, *villais* (scented tablet, anything circular) are made, dried, and enclosed in the ground mass of *Adathodai* leaves or *Kuppaimeni* leaves, dried again and subjected to open *putam* (purifying medicines through sublimation) for a second time as before. On being cooled, it is taken out, *parpam* (calcined powder) is powdered and bottled up.

Dose

2 to 4 grains may be given with honey or butter or other *anupanams* (vehicles).

Indications

This is a specific for piles, especially bleeding piles.

Diarrhoea, all kinds of *manthabedhi* (diarrhoea due to indigestion), *manthasuram* (diptheritic fever) and indigestion are also cured.

(vii) *Kattuvathi Chooranam* (for children)

1 to 2 rice weight (65 to 130 mg) twice a day with honey cures *bedhi* (diarrhoea). (Recipie under chapter 27 & also seen below).

10. *Kattuvathi chooranam* for Children

(S.R.Pharma)

1.	*Grahani kaphada chooranam*	-	2oz
2.	*Vasambu chooranam* CO	-	2oz (Acorus calamus)
3.	*Amaiodu parpam* No 2 & 3	-	1oz
4.	*Naga parpam* No 1	-	¼oz.

These are mixed well and bottled up.

Dose

2 to 4 grains according to the age of the children be given twice or thrice day with honey or other suitable *anupanam* (adjuvant).

(viii) *Gorosanai Kasthuri Mathirai*

1 to 2 tablets with honey or breast milk twice a day cures *mantham* (Indigestion), *bedhi* (diarrhoea), *Sali kattu* (Accumulation of phelgm), *Suram* (Fever), *Neerkanai*, *Vikkal*

(Hiccuups), *Vayu* (gas trohuble), *cough, vali noi* (wind humoural diseases) (Epilepsy) head ache.

(see recipie below)

11. Gorosanai Mathirai No.1

(Also known as appiraga mathirai)

1. *Appiraga chendooram*
2. *Rasa chendooram*
   (Preferably swarna valairasa chendunam is used)
3. *Rasakarpuram parpam*
4. *Gorosanam*
5. *Kungumappoo*
6. *Pachai karpuram*
7. *Elakkaiarisi chooranam*
8. *Lavangam chooranam*
9. *Jathikottam chooranam*
10. *Jathikkai chooranam*
11. *Akkara karam chooranam*

(Items 3–11: each of 8 oz or equal parts)

Take each in equal parts or 3 *tolas* (white mullbery).

These eleven drugs are individually powdered and mixed in a *kalvam* (mortar) as per rules, rubbed with (i) *vetrilai* (ii) *chandanakattai kudineer* and (iii) *shanpagappoo kudineer* about 9 to 12 hours in each and then pills are rounded about the size of a green gram or 1 grain each.

The pills are dried in shade and bottled up. After rubbing with the first juice it should be allowed to dry with the *kalvam* (mortar), then ground with the second decoction, dried and then ground with the third decoction. When proper consistency is reached round pills should be made. There is no harm in grinding with *kungumappu kudineer* for further 12 hours.

N.B

In this connection it is said in certain books that *karpooram* (Nattushudan) has to be used in place of *Rasakarpooram* (Sub chloride of Mercury) and in that case it is also said that *Kungamappu kudineer* or *lavanga kudineer* for rubbing has to be used in place of *vetrilai* juice. But certain other old works have emphasized *rasakarpooram* (Subchloride of mercruy) and vetrilai juice. It is also my experience to use *Rasakarpooram* (Subchloride of mercury) and *vetrilai* juice as mentioned in the above formula.

Dose

1 to 2 pills according to the age of the patient may be given morning and evening with suitable *anupanam.*

Indications

Generally speaking this pill is effective in children's diseases especially in fever of all types, cold (coryza), *mantham* (indigestion), *kapha* diseases (diseases due to phlegm), *sanny*, *vanthi* (vomiting), *analatharsi*, delirium and convulsions etc. It is given in these diseases with breast milk. As a special case this pill is given with *Anda thailam* for 3 to 5 days. Twice a day in infantile convulsions and infantile paralysis. It is also given with *mantha kudineer* for 3 to 5 days twice a day in case of *mantham* (*allumantham* or *neerkanai*) and *mukku mantham* (a disease in children accompanied by fever, hard breathing and dysentery and purging) etc. in children. It is given with honey in cases of severe cold and *mandaisoolai* (a disease of head with pricking and tingling pain inside the head as stung of a poisonous insect).

Special Note

Gorosanai 1 to 2 pills finely powdered plus equal parts of *linga kattu chendooram*, *P.S. Parpam* (calcined powder) and *silasathu parpam* No.1 are better when given with honey in all kinds of fever both in children and in adults, morning and evening for 3 days. (S.R. Pharma)

12. *Gorosanai Mathirai* No.2

(Also known as Rasaparpa mathirai)

(S.R. Pharma)

1. *Rasaparpam*
2. *Rasakarpura parpam*
3. *Gorosanam*
4. *Kungumappoo* (Crocus Sativus)
5. *Pachaikarpuram*
6. *Elakaiarisi chooranam* (Elettaria cardamomum)
7. *Lavanga chooranam* (Syzygium aromaticum)
8. *Jathi koshtam chooranam* (Costus specious)
9. *Akkarakaram chooranam* (Anacyclus pyrethrum)

Take each *Chooranam* in equal parts (3 *tolas*) (white mulberry) each. These nine ingredients are placed in a *kalvam* (morning) mixed as per rules, grind with (1) *chandanakattai kudineer* (Santalum album) for 12 hours allowed to dry in *kalvam* (mortar) and then grind with (2) *vetrilai* juice (Piper betle) for 12 hours.

Taking the consistency black gram sized pills are made and dried in shade and bottled up.

Dose

1 to 2 pills according to the age of the children may be given twice a day with suitable *anupanams.*

Indications

Diseases and *anupanams* are mentioned under *Gorosanai Mathirai* No.1 may be adopted for No. II also. fevers, severe cold and *mantham* (indigestion) in children are definitely cured by these pills.

13. *Gorosanai Mathirai* No. 3 (Special) (S.R. Pharma)

1. *Gorosanam*
2. *Kungumappoo* (Crocus sativus)
3. *Pachai Karpuram* (Borneo camphor)
4. *Jathikkai Chooranam* (Myristica fragrans)
5. *Lavanga Chooranam* (syzyguim aromaticum)
6. *Elakkaiarisi chooranam* (Elettoria cardamomum)
7. *Koshtam chooranam* (costus speciosus)
8. *Akkarakaram Chooranam* (Anacyclus pyrethrum)
9. *Karpuram* (Camphor)
10. *Swarna valai rasa chendooram*
11. *Appiraga chendooram.*

Take each in equal parts or about 1 ½ *tolas* (18 gram).

All these ingredients are powdered, mixed together in a *kalvam* (mortar) and grind with the following juices.

1. *Chandanakkatai Kudineer* (for 12 hours) white *chandanakattai* coarsely powdered one *palam* (10 pagodas weight) is put in a *chatti* (mud pan), 1-2 litres water is added, boiled and reduced to 1/8 part. This is filered and the decoction is used for grinding.
2. *Shenbagapoo kudineer* Michelia champaca (for 12 hours) prepared in the same manner as above.
3. *Kungumapoo kudineer* (crocus sativus) (for 12 hours) prepared by *kungumapoo ½ palam*, water I 1b boiled and reduced to ¼ th part. This is filtered and the decoction is used for grinding. After this kind of grinding of the above eleven ingredients with the decoction it is rounded into pills of *kundri* size. (130 mg) or 2 grains each, dried in shade and bottled up.

Dose

1 to 2 pills twice a day may be given with breast milk (or) other *anupanams* (vehicles) as mentioned below.

Indications

1. Fever, *salikattu* (accumulation of phlegm), fainting, delirium, nasal catarrh, *kaphasoolai* (acute pain due to phlegm) and bronchial affections are cured.

2. When given with *Andathailam* convulsions and tetanus are cured.

3. When given with *mantham* decoctions *allumantham* or *mukku mantham* (a disease in children accompanied with fever) hard breathing and dysentery and purging is cured. Better to give this pill for 3 to 5 days in serious ailments.

14. *Gorosanai Kasthuri Mathirai* (special) for children (or) G.K. Mathirai (S.R. Pharma)

1. *Gorosanai* - 20 grams
2. *Kungumapoo* (Crocus sativus) - 20 grams
3. *Pachai Karpuram* (Borneo camphor) - 20 grams
4. *Kasthuri* - 20 grams
5. *Jathikkai* (Myristica fragrans).
6. *Lavangam* (Syzygium aromaticum) - 20 grams
7. *Elakkaiarisi* (Elettaria cardamomum) - 20 grams
8. *Koshtam* (Costus speciosus) - 20 grams
9. *Akrakaram* (Anacyclus pyrethrum) - 20 grams
10. *Karpuram* (camphor) - 20 grams
11. *Swarnavalai rasa chendooram* - 20 grams
12. *Appiraga parpam* or *chendooram* - 20 grams
13. *Ulan thalinga chendooram* - 20 grams

All these ingredients are powdered in a *kalvam* (mortar) mixed well and ground with the following juices or fluids.

1. *Chandanakattai kudineer* for 12 hours (Santalum album) 1 *chandanakattai 5 palam* (175gr) is taken 1 water added 6 Madras measures 1 boiled and reduced to 1/8 th part & strained.
2. *Shenbagapoo kudineer* for 12 hours (Michelia champaka)
3. *Kungumapoo kudineer* for 12 hours (Crocus sativus)

Decoction prepared

Kungumapoo one *tola* (12 gram) is taken and added with water 1 to 4, boiled and reduced to ¼ th part and strained, ground in a *kalvam* (mortar). Then rounded into pills of *kundri* size 2 grains each dried in the shade, weighed and bottled up.

Dose

1 to 2 pills or 2 to 4 grains may be given twice a day with breast milk or honey or other suitable *aupanams* (vehicle).

Indications

Cold, fever, cough, dyspnoea, Indigestion, hiccup, *vayu* (gas trouble), giddiness, *neer koanai* and head ache are cured. In children it is very useful in convulsions when given with *Mantha thailam*.

15. Children's *Kattuvathi Mathirai* (special)

1. *Kaphada chooranam* - 1 part or 2oz
2. *Vashambu chooranam* (Acorus calamus) compound - 1 part or 2oz
3. *Amaiodu parpam* - ¼ part or ½ oz.
4. *Naga parpam* - 1/8 or ¼ or ½ oz.

Mixed well and ground in a *kalvam* (mortar) with *omam* (Carum copticum) decoction (ie) omum 60 grams, water boiled

and reduced to ¼ th part and decanted, ground for 6 hours, rounded into pills of pepper size, dried in the shade and bottled up.

Dose

1 to 2 pills be given two or three times a day with suitable *anupanams* (vehicles).

Honey or breast milk or omum decoction may be used as vehicles.

Indications

Diarrhoea of all kinds in children are cured.

N.B.

The above 4 powders may be mixed together and used as a compound powder also.

Dose of the compound powder is 1 to 3 pinches with honey.

Maantha Bedhi Kudineer (Manuscript)

"*Pokkai adaikkum poduthalai*" is a Tamil proverb. Phyla nodiflora is a best herb for diarrhoea in paediatric practice. Heat an empty vessel, notiflora put a small quantity of *omam* (Carum copticum), fry it, then a handful of *poduthalai* is added and fried. Finally a small quantity of water or breast milk is sprayed on it and scorched well, and filtered. This filtrate is given in a dose of *sangalavu* (30 mg) thrice a day cures *kazhical* (diarrhoea).

If needed triturate *Amurthathi mathirai* or *Kattuvathi mathirai* with this.

Other *poduthalai kuttu surasam*

Take a handful of some of the following leaves: *pariminate* (Anisomeles malabarica), *vaikkal sadaiche murungai* (Moringa oleifera) *pirandai* (Cisus quadrangularis), Ocimum sanctum, leaves, *poduthalai* (Phyla nodiflora). The leaves are cut into pieces. In a vessel first a little amount of omam (Carum copticum)

is fried well, then add the leaves and scorch them; finally a small quantity of water or breast milk is sprayed on it. The whole contents are transferred to a cloth and filter it. *Sangalavu* (30 mg) juice with charred *vasambu* (Acorus calamus), *perungayam* (Ferula asafoetida) twice a day cures *kazhichal* (diarrhoea).

Other Multi leaf rib decoction

Take 488 mg weight of leaf ribs of *vembu* (Azadirachta indica), *Karivepillai* (Muraya koenigii), *Nuna* (Morinda tinctoria), *Nelli* (Phyllanthus emblica), *Karuvel* (Acassia nilotica). First fry a little *omam* (*Carum copticum*) in a vessel then add these ribs and ¼ *padi* (325 ml) water and boil to reduce to ¼ of its volume. Filter it *sangalavu* (30 mg) decoction triturated with charred *vasambu* (Acorus calamus), *perungayam* (Ferula asafoetida) twice a day for *bedhi*. It also cures mantham (indigestion) and *sorugal* (sticking) or adhesing of any foreign substances in the bowels of children.

For vomiting and diarrhoea

1. *Kattuvathi chooranam* (for children) 1 to 2 pinch amount twice or thrice a day with honey (or)
2. *Vanthi nivarana podi* (vomiting cure powder). A pinch of this with a pinch of *kattuvathi chooranam* with honey twice a day cure this. (or).
3. *Scorch omum* (Carum copticum) and *poondu* (Allium sativum) in a vessel add water then prepare the decoction. *Sangalavu* (30 mg) decoction triturated and charred *vasambu* (Acorus calamus) twice or thrice a day cures vomiting and diarrhoea.

4. *Eri ennei*

Take a handful of *vaikkal sadaiche* leaves and small quantity of *seeragam* (Cuminum cyminum), onion (Allium cepa). Smash them and extract juice. Then take ½ oz of gingelly oil in a ladle

allow it to boil then add this juice and shake well. Morning administrations alone for 3 days cures *kazhichal* (diarrhoea).

N.B.

1. The treatment for *kanai* (a kind of atrophy in children due to rickets or tabes mesenterica), *seetha bedhi* (dysentery attended due to specific inflammation and ulceration of the mucous lining of the large intestine resulting in phelgmatic evacuations in which the stool is mixed with mucous in children are dealt in) *kaduppu kazhichal* (dysentery attended with gripping pain in stomach and irritation of anus.)

2. Drugs with *abin* (Papaver somniferum) and *ganja* (Cannabis sativa) should not be given to children below one year of age.

Grahani haram

ஆயிலும் புங்கும் பொடுதலைக் காயு
மழிஞ்சியுங் குழம்பு மோர் வசம்பும்
அதிநவச்சாரஞ் சத்தியின் சாரம்
ஆகிய நல்லவச்சாரந்
தீயிலும் பெரிய சித்திரமூலந்
திரிகடு சிறிய மூலகமுஞ்
செவ்வியம் பற்பாடகங் கருவேம்பு
சீரகங்காய மூக்குரட்டை
பாயிலு முட்காவேளை காவட்டம்
பருகிய புல் நல்வேளை
பகர் புளியாரை யிந்து கல்லுப்பு
பாகுகாய்ச் சுப்பு பொட்டிலுப்பு
காயினுங் கருத்தவுப்பு காரணையுந்
காருமாவாரை தக்கோலந்
தாவு வெங்காரமாரையினிலையுஞ்
சாற்றினார் கிராணியின் வறரமே.

The following drugs are prescribed for *grahani kazhichal* (diarrhoea due to caoutchou): *Agil* (Aquilaria agallocha), *pungu*

(Pongamia pinnata) fruit, *poduthalai* (Phyla nodiflora), *Azhinjil* (Alangium salvifolium) root bark, *kuzhambu more*, *vasambu* (Acorus calamus), *Navatcharam* (Ammonium chloride), *sathisaram*, *chitramoolam* (Plumbago indica), *Trikadugu* (*chukku*, Zingiber officinale, *Milakku* – Piper nigrum, *thippilee* – Piper longum), *ciru moolam*, *Chevriyam* (root of Piper nigrum), *parpadagam* (Hedyotis corymbosa), Black neem (Azadirachta indica), *seeragam* (Cuminum cyminum), *perungayam* (Ferrula asafoetida), *mookarattai* (Boerhaavia diffusa), *mukka vaelai* (Tephrosia spinosa), *kavattam pul* (Cymbopogan martini), *nalvaelai* (Cleome pentaphylla), *puleeyarai* (Oxalis corniculata), *indhuppu* (sodium chloride impura), *kalluppu*, *kaichuppu*, *pottuluppu* (potassium nitrate), *karutha uppu* (Black salt), *saranai* (Trianthema portulacastrum) *aavarai* (Cassia auriculata), *thakkolam*, *venkaram* (Borax) and *aarai* leaves (Marsilea quadrifolia).

17. *Naga Parpam* for *grahani*

(Yugimuni Vatha Vaithya Vilakam 200 - manuscripts)

1 to 2 *kundri* (130 to 260 mg) dose twice a day with honey cures all kinds of *grahani*. The methods of preparation is as follows :

" சோரமது பலமொன்று சூட்டுரசமெடை சேர்த்துத் துடியாயாட்டி
வீரமது காலிட்டு அரைபாணி புடமிடவே வெளுத்து நிற்கும்
சீரதாய்ப் பணவெடைதான் தேனிலுண்ணக் கிராணிவகை எல்லாம் போகும்
ஓரணைதா னெருதுக்கு ஒத்தை எருதுழுதாலுமுத வாதாமே"

Take each 35 grams of lead and mercury. Grind them well, add ¼ *palam* (8.75 gram) of *veeram* (Hydrargyrum per chloride); grind it with water or with nitric acid or *vediuppu thiravagam*); pills (anything circular, scented tablets) are made and subjected to *pudam*. (purification of medicines through sublimation). This *parpam* cures *grahani*.

(ii) Other

" திருடர் தாம் பலமொன்று திடமான சூதமெடை சேர்த்துருக்கு
வருடியே புட்டாகும் வளையலுப்பு யரைத்துமே கவசங்கட்டி
நெருடியே புடமிட்டு நேராக்கு கிராணிஎல்லாம் நேர்ந்து போகும்
குருடருக்கு கொக்கு நிறங்குணங் காணாப் பாவனையாங்
கொள்கையாமே"

Take each 35 grams of zinc and mercury grind them well add *valayaluppu* (glass salt) and grind. Clay cloth calcins are made on the margin of agal in which the dried *villai* (scented tablets) of the paste are placed and subjected to *pudam* (purifying the medicines through sublimation & refining metals). This *parpam* cures *grahani*.

29. KADUPPU KAZHICHAL
(Dysentery attended with gripping pain in stomach and irritation of anus)

Treatment

Due to dietary habits, *pitha* humour vitiates. This stimulates *keezhnokkukkal (abanan)* – taking a downward course in its discharge as urine, semen (or) pulse going down or sinking) and hence *kaduppu kazhichal* (dysentery attended with gripping pain in the stomach & irritation of the anus) is caused. Because of vitiated *azhal* (body heat), blood is disturbed, body weight is reduced and *kapham* (phlegm) is also vitiated. The combined rise of *azhal* and *kapham* produces ulcers in the intestines and so blood and mucus are excreted. Vitiated *vatham* produces stomach ache and *kaduppu* (gripping pain). The vitiated *mukkutram* (3 humours in human system) cause muppini (disease caused by 3 kinds of humours *kurigunangal* (signs and symptoms). Blood vessels are relaxed. The physician should reduce the vitiated *pitha, pithakapham* to their original position and also to reduce the vitiated *vatham* also.This can be achieved by means of drugs and diets. Further he has to cure the intestinal ulcers so that the excretion of blood and mucus are arrested and then the *kaduppu* (gripping pain) and stomach ache will be reduced.

Treatment Measures :

1. A single dose administration of castor oil and milk brings down the vitiated *azhal* humour to normal state.

2. Administer castor oil with little bit of tender *kadukkai* powder (Terminalia chebula), *massikkai* powder (Quercus infectoria).

3. Take a *Jathikkai*, boil it along with rice. Then take 1 *varagan* (4.2 gm) of *pooram* (Hydrargyrum sub chloride), castor oil 3 *palam* (105 gr), grind the 3 components to

mezhugu (a medicinal wax) state. A teaspoon dose administration, initially aggravate *kazhichal* (diarrhoea) and then arrest it.

Note

The addition of *pooram* (Hydrargyrum subchloride) in the above procedure is a doubt. Though it is added to cure the intestinal ulcer the quantity of castor oil is not clear in the *Siddha Maruthuvam*.

I think, administration of *pooram* with castor oil during *kaduppu kazihchal* (dysentery attended with gripping pain in the stomach and irritation of anus) will increase it. The *Jathikkai* controls the action of *pooram* (Hydrargyrum sub chloride). It cures intestinal ulcer and reduces the pain and *kaduppu kazhichal* (dysentery associated with gripping pain in stomach and anal irritation). However the affected persons only knows this. The addition of 3 *palam* (105 gr) of castor oil is my approximation. In the verse "*karpooram*" is also mentioned. I think it is *nattu karpooram* (camphor) instead of *rasa karpooram* (subchloride of Mercury). Castor oil amount is mentioned as 3 *palam* (105 grams). By careful observation of the following verse the procedure may be followed.

" சிற்றாமணக் கெண்ணெய் பலந்திரி
கற்பூரம் விராக மொன்று
கற்றே சோற்றிற்கான வித்த சாதிக்
காயு மொன்றாகும்
யினு எல்லாந் தானே எண்ணெயிட்டுத்
தானை ரத்து
கொற்றே வேளைக் கொடு காண்டி கொடுப்பாய்
சீதபேதி போமே"

Hence, we can understand the correct procedure.

Decoction Varieties

1. Take a handful of tender fruits of fig (Ficus racemosa), *vael* (Acacia nilotica), *Kattumamarapattai*, (Mango tree bark – (Mangifera indica), *ciruseruppadai* (Mollugo lotoides). Grind them well mix with *vazhai thandu* juice (the juice extracted from plantain stem) and filter it. This filtrate cures *seetha kazhichal* (dysentery due to specific inflammation and ulceration of the mucous lining of the large intestine resulting in phlgematic evacuations in which the stool is mixed with mucuous according to *Siddha Maruthuvam*). This decoction is also mentioned for *perunkazhichal* (diarrhoea) and *ninakazhichal* (sebaceous discharge).

Apart from this, these decoction is made by subjecting it to heat and concentrating it to ¼ and administer it twice a day. It is case to administer. But here, the herbs are ground well and mixed with plantain tree stem juice and filtered. So this type of administration is little bit difficult. The quotation for this preparation is in chapter –27.

2. Make a decoction with equal quantity of tender fruit of *mathulai* (Punica granatum), plantain flower bud (Musa paradisiaca), tender leaves of *vidathari* (Dichrostachys cinerea), *korai kizhangu* (Cyperus rotundus), *perumarapattai* (Sterulia foetida), *azhakku* (168ml) dose twice a day cures *seetha bedhi* (a kind of dysentery due to specific inflammation and ulceration of the mucous lining of the large intestine resulting in phlegmatic evacuations in which the stool is mixed with mucous.

3. A decoction is made with equal quantity of fruit shell of *vilvam* (Aegle marmeols), *kudasapalai* bark (Holarrhena pubescens), *vetpalai* rice (wrightia tinctori), *elavanga pattai* (Cinnamomum verum), *athividayam* (Aconitum heterophyllum), *jathikkai* (Myristia fragrans), *jathipathree*

½ to 1 *azhakku* dose (84 – 168 ml) twice a day cures *vayitru kaduppu* (Abdominal irritation) and *kazhichal* (diarrhoea).

4. A decoction is made with equal quantity of *vila* fruit pulp (Limonia acidiscima) and its tender fruit, *perumarapattai* (Sterculia foetida). *Athividayam* (Aconitum heterophyllum). ½ to 1 *azhakku* (84 –1 68 ml) twice a day cures *seetha bedhi* (dysentery) due to the destruction of mucosal lining in the large intestine and specific inflammation resulting in phelgmatic evacuations in which the stool is mixed with mucous.

Powder Varieties

1. Take 1 *palam* (35 gr) in each of the following drugs: *Kudasapalai pattai* (Holarrhena pubescens), *vetpalai rice* (wrightia tinctoria), shell of *mathulai* fruit (Punica granatum) *venthayam* (Trigonella foenum graecum), *vilam pisin* (Limonia acidissima), dried fruit flesh of *vilvam* (Aegle marmelos). Powdered them well and subject it to *vasthrakayam* (fine filtration). Add 2 *kundri* (260mg) of *abin* (Papaver somniferum), grind them well. ½ to 1 *varagan* (2.1 to 4.2 gr) twice a day cures *seetha bedhi* and *kazhichal* (diarrhoea).

2. Take one *palam* (35 gm) each of the following drugs: *elavam pisin* (Bombax ceiba) in *kudasapalai pisin* (Holarrhena pubescens), *athividayam* (Aconitum hetrophyllum), *cirunagapoo* (Mesua ferrea), *jathikkai* (Myristica fragrans), *jathipathri*, *kasukkatti* powdered them well and subject it to *vasthrakayan* (fine filtration). Add *ganja* (Cannabis sativa) 8.75 gr to it and mix them well. ½ pinch dose twice a day cures *kazhichal* (diarrhoea). (This is a good recipe).

Tablet Varieties

1. *Kattuvathi Mathirai* (for children)

(Vide Chapter - 27, 28.)

A hole is made in *Jathikkai* (Myristica fragrans) it was filled up with one *kundri* (130mg) of *abin* (Papaver somniferum) then seal the hole. The *Jathikkai* is pierced by a thin iron rod and dipped in honey and cauterized in ghee lamp till it is boiled well. It is put in the mortar and a paste is made out of it. *Kundri* sized tablets are made from the paste. One tablet twice a day cures this.

Note

This method was already dealt in *perunkazhichal* chapter (Chapter-27) as *Kattuvathi mathirai* No.1 (for children). If that procedure is followed good results will be obtained.

2. *Vajra Kabada mathirai*

One tablet twice a day with honey or with some other adjuvants cures *kazhichal* (diarrhoea) varieties (*Siddha Maruthuvam*).

3. *Oozhi Mathirai*

One tablet twice a day with suitable adjuvants cures *oozhi* (phlegm), *athisaram* (hyperpyrexia) and *grahani* (caoutehou). But *Siddha Maruthuvam* says it also cures *kaduppu kazhichal* (dysentery with griping pain in stomach and irritation of anus).

Parpa Chendooram

1. 1 *kundri* (130 mg) of *Pavala parpam* (coral) and 10 *kundri* (1300mg) of *Lingathuvar* with lemon juice along with any one of the above said decoction may be given twice a day.

2. One *kundri* (130 mg) in each of the following drugs are mixed well with butter: *Nagaparpam* (zn). *Velli* (Ag) *parpam*, *Silajit parpam* (Asphaltum), *Nathai parpam*,

Annabedhi chendooram (Iron sulphate) and *Pavala parpam*. Twice a day administration of this medicine cures *kaduppu kazhichal* (dysentery attended with gripping pain in stomach and irritation of anus). If the disease is not so severe any one of the *parpa, chendooram* or a combination of a few is enough. (*Siddha Maruthuvam*)

3. Diet

Aviod spicy food till the *kazhichal* (diarrhoea) arrests. Give *jawarisi* (Saquaus symphie), *akuuvaima kanjee* (Maranta arundinacea) or *manakathai* (oryya – sativa) rice *kanjee* etc. Double boiled rice may be given with tender varieties of *vazhai pinju* (Musa paradisiaca), *athi pinju* (Ficus racemoa), *avarai pinju* (Dolichous lab lab) cooked with coriander leaves without spices. Spinach (green) like *Arukeerai* (Amaranthus tristis), *Ponnanganee* (Alternanthera sessilis) and *Manathakalee* (Solanum nigrum) greans may also be given.

Some other practical experience

1. For children

A handful of *Nathaichuri* (Sperma corehispida), and 7 numbers of cloves (Syzygium aromaticum) are taken. Put them in a pot scorch them well, then spray breastmilk on this. Then filter this and the filtrate is given in morning, evening and next day morning (three doses only).

Three times administration of this units *ratham* (blood), *seetham* (chillness), *kaduppu* (severe pain) in children.

(very useful recipe)

2. With a handful of *vaikkal sadaiche* leaves add *seeragam* (Cuminum cyminum), single piece of wet onion (Allium cepa). Smash and crush them well, the piece is collected, in a ladle, add gingelly oil ½ ounce (15 gm) boil it, with this oil the extracted juice is added. Shake them well. 1 to

2 *sangalavu* (30 to 60 ml) dose only in the morning for 3 days cures all types of *kazhichal* (diarrhoea) piralee and *mantham* (indigestion). This oil is termed as "Eri ennei".

3. Small quantity of *Kasakasa* (Papaver somniferum) is ground well, the milky extract is collected, with 30 ml of milky extract a pinch of *Jathikkai* (Myristica fragrans), and *Masikkai* (Quercus infertoria) are added. Twice a day for 3 days administration cures *ratham* (blood), *seetham* (chillness), kaduppu (severe pan) and prolapse of rectum in children.

4. *Kattuvathi mathirai* for children vide chapter 27 & 28.

A hole is made in a *jathikkai* (Myristia fragrans) and filled up with 1 *kundri* (130 mg) of *abin* and seal the hole well. Turmeric paste (Curcuma longa) covers are made for this. This was subjected to *aavi pudam* (Purifying medicines through steam), then the seal is removed. To the boiled *jathikkai* equal amount of *paereechai* (Phoenix dactylifera) powder is added. They are ground well with breast milk and pills are made in the size of ½ *kundri* or 1 green gram (65 mg). The tablets are dried well. One tablet twice a day with honey or breast milk will cure all types of *kazhichal* (diarrhoea). (Pulippani 500)

5. *Vendhayam* (Trigonella foenum graecum) is slighty fried till it turns red and ¼ *padi* (325ml.) water is added. Finally a handful of *chitrapaladi* leaves (Euphorbia pilulifera) are added and boiled well. The filtrate is collected. *Sangalavu* (as much as it contains in the milk ladle feeding for infants) (30 ml) decoction twice a day in children cures *seetha bedhi* (dysentery due to specific inflammation and ulceration of the mucous lining of the large intestine resulting in phlegmatic evacuations in which the stool is mixed with mucous).

Kadukkai poo chooranam (fried powder of *karkadaga singi* – Rhus succedanea) threekadi measures (the amount taken by thumb, index and middle finger together) twice a day with butter cures *ratha kazhichal* (diarrhoea with bloody and mucous stool, dysenteric diarrhoea) both in children and in adults.

6. *Kasukatti chooranam* mix

5 to 10 *kundri* (650 mg to 1300 mg) of this *chooranam* with ghee or butter or sugar twice a day cures *seetha bedhi* (dysentery to specific inflammation and ulceration of the mucous lining of the large intestines resulting in phlegmatic evaluation in which the stool is mixed with mucous). Ratha *bedhi* (diarrhoea with bloody and mucous stools, dysentery diarrhoea) and *kaduppu* (severe pain).

Preparation

Take *kasukatti* 3 parts (white or red variety), *lavangapattai* 3 parts (Cinnamomum verum), *lavangam* (Syzygium aromaticum) 2 parts and *jathikkai* 1 part (Myristica fragrans); powder them well and mix well. The administration of the drug is as said as above.

Note

By subjecting a burnt lime, the fruit juice is collected. This juice is mixed with above drug and can be given.

7. *Mathakaja Kandeerava Mathirai*

One tablet with suitable *anupanam* (vehicle) cures *grahani* (caoutchou), *athisuram* (hyperpyrexia), *vayitru soolai* (colic pain) and *vayitru kaduppu* (abdonminal irtriation) (S.V.T)

8. *Kattuvaathi legiyam*

Sundai sized (Solanum torvum) pills of the *legiyam* morning alone for 3 days cures *seetha kazhichal* (dysentery due to specific inflammation and ulceration of the mucous lining of the large intestine resulting in phlegmatie evacuation in which the stool is

mixed with mucous), *Ratha kazhichal* (diarrhoea with blood and mucous stools, dysenteric diarrhoea) and *mantham* (indigestion) (Preparation refer to under chapter 27).

9. A banana (Musa paradisiaca) is cut on the transverse section; a *kundri* size (130mg) of *abin* (Papaver somniferum) is spread along the length wise of the fruit, tied the fruit with a thread. It is subjected *to avipudam* (purifying medicines through steam) in *kumbi sambal*. This cures *seetha bedhi* (dysentery) due to specific inflammation and ulceration of the large intestine resulting in phlegmatic evacuations in which stool is mixed with mucous and *kaduppu* (severe pain) in adults. This is the best one in practical experience.

10. For burning sensation in anus and for excretion of mucus alone without motion: take a bananna (speicially that grown in mountain) in a bowel, little amount of white sugar is added; then 4 teaspoon of cow's ghee is added mash them well and a single dose administration stops *kaduppu* (severe pain) and *seetham* (chillness). Motion is excreted normally. This is best one in practical experience.

(ii) Take enough quantity of tender *mathulam (pinju)* (Punica grantum) and shell of *mathulai;* grind them well with curd. Twice a day administration along with curd for 3 days cures *vayitru kaduppu* (abdominal irritation).

Note

If there is generalized swelling or swelling in upper and lower limbs due to *kazhichal* (diarrhoea) first control *kazhichal* (diarrhoea). Then give proper diet which increases patient's *vanmai* (strength), braveness and improves blood. The swelling is automatically reduced. Administration of drugs which increase urine and motion excretion is not advisible during *kazhichal* (diarrhoea), careful medication should be followed for *paandu*

(chronic dropsy causing paleness and bloating of the body) and *sobai* (dropsy with anaemia) due to *kazhichal* (diarrhoea). Nutritious and easily disgestible foods should be given.

12. Grind a lemon size of *aavarai* leaves (Cassia auriculata), mix it with butter or *senthavedu* (husk), swallow this in a single dose stops *vayirulaivu* (boring pain in abdomen in dysentery (tenesmus).

Quotation (Manuscript):

1. "வயிற்றுளைச்சலான பேர்க்குப்
புராதன மாயாவாரை யிலை
எலுமிச்சங்காய் போலரைத்துப்
பச்சை வெண்ணையில் குழைத்
துள்ளுட்டி டே"

2. "ஊட்டுவாய் செந்தவுட்டில் புரட்டி
ஒருவருக்குஞ் சொல்லாதே தீர்ந்துபோகும்"

13. If the vayitru *kaduppu* (abdominal irritation) is incurable *Naga parpam, Naga chendooram* (zn), *Miruthar singhi* (Galena sulphite of lead) *parpam*, any one of these is mixed with honey or *kattuvathi legiyam* twice a day cures this immediately.

14. In very stubborn cases, please give the following recipes.

(a) *Pavala parpam* compound (see below P.S.S.M.M – *parpam*) 2 pinches, *Kasukkatti chooranam* compound 5 pinches be given well mixed with burnt up lime fruit juice three times a day.

(b) If necessary, side by side give a compound of *Kattuvathi mathirai* or *Kaphada mathirai* or *Mathagaja kandeeravam* one pill or well powdered *Singi chooranam* compound 2 pinches, *Lingathuvar* 2 pinches, and *Annabedhi chendooram* 2 pinches, well mixed for a dose and be given with honey twice a day.

(c) Further more, if neccessary well prepared *Nagaparpam* in a *kundri* weight may be given with honey twice a day side by side. Any of these a, b and c may be given or all the 3 recipes may be employed in resting and stubborn cases.

Recipes which are in use of the Siddha Research Laboratory are shown below

1. Dysentery cure powder No. 1 (special) (S.R. Pharma)

1. *Grahani kaphada Chooranam* No.1 (or) *Seethabedhi chooranam* (which is otherwise named *grahani kaphada Chooranam* No.11	- 1part
2. *Singi chooranam* compound	- ½ to ¼ part
3. *Naga parpam* No.1	- ¼ th part

These three ingredients are taken in the above proportions mixed well and bottled up.

Dosage

5 to 20 grains according to the age be given well mixed with honey 2 or 3 times a day. curd, butter and sago *conjee* may be allowed.

Indications

This gives excellent results in cases of dysentery and colitis etc.

2. Dysentery cure powder No-2 (Special) (S.R. Pharma)

1. *Grahanikaphada Chooranam* No.1 (or) *seetha bedhi Chooranam* (which is otherwise named *grahanikaphada Chooranam* No.11)	- 1 part or 20oz.
2. *Kasukkatti chooranam* Co	- ½ part or 1oz
3. *Naga parpam* No.1	- ¼ part or ½ oz

These three ingredients may be taken in the above proportions mixed well and preserved in a bottle.

Dose

5 to 15 grains according to the age may be given well mixed with honey 2 or 3 times a day.

Diet

Curd, butter milk, cow's milk and sago *canjee* may be allowed.

Indications

This compound also gives excellent results in dysentery, collitis etc.

3. Dysentery cure powder no. 3 (special) (S.R. Pharma)

1. P.S.M.M. *Parpam* - 1 part or 2 ¼ ounces
2. *Nagaparpam* No.1 - 1/3 rd part or 6 drams
3. *Padikara chendooram* (or) *Padigalinga chendooram* - ½ part or 9 drams.

These three ingredients are mixed well and bottled up.

Dose

5 to 10 grains may be given 2 or 3 times a day well mixed with brunt – lime fruit juice.

Diet

Curd, buttermilk, cow's milk and sago *canjee* may be allowed.

Note

A lime fruit is to be heated over fire gently and its juice is used here as *anupanam* (vehicle). This is very useful when there is profuse blood, mucous, tenesmus and pain in dysentery. This is another excellent medicine in dysentery and colitis etc. It is also good to take in addition, pomegranate tender fruit ground into a paste and mixed with curd morning and evening.

Another point to be noted in dysentery is when there is much tenesmus and pain it is good to take a mixture of mountain banana fruits (2 or 3), white sugar and 3 to 4 teaspoonful of cow's ghee; all the 3 ingredients be well mixed together once a day. This compound abruptly stops unbearable tenesmus and pain. This is our own lab experience.

4. Dysentery cure powder No.4 (special) (S.R.Pharma)

1. *Annabedhi chendooram* - 1 part or 2oz
2. *Padikara chendooram* or *padigalinga chendooram* - 1 part or 2oz
3. *Kasukatti chooranam* compound (or) *grahani kaphada Chooranam* No.1 - 2 part or 4oz

These 3 ingredients may be taken in the above proportion, mixed well and bottled up.

Dose

5 to 10 grains may be given well mixed with honey 2 or 3 times a day. It cures blood, mucous in dysentery and colitis.

Diet

Same as mentioned under dysentery cure powder No.1 to 3.

5. Dysentery cure powder No. 5 (Special) (S.R. Pharma)

Ingredients:

1. *Mangusthan odu chooranam* - 1 part or 2oz
2. *Kasukatti chooranam* - 1 part or 2oz
3. *Naga parpam* compound (or) *Naga parpam* No.1 - 1/5 part or 3 drams.

These are mixed well and bottled up.

Dose

5 to 20 grains be taken two or 3 times a day well mixed with curd or honey or butter.

Indications

Blood, mucus in the stool and tenesmus in dysentery are relieved of rather quickly.

6. Dysentery powder No. VI (special) (S.R. Pharma)

1. *Nagaparpam* - 1 part or 1oz
2. *Nathai parpam* - 2 part or 2oz
3. *Grahani kaphada chooranam* - 3 part or 3oz

These are mixed well and bottled up.

Dose

5 to 10 grains be given with honey 2 or 3 times a day. For children the dose may be reduced according to the age.

Indications

Dysentery, diarrhoea and colitis are cured.

7. *Mirudar singi Parpam* (or) *Singi padikara parpam* (S.R. Pharma)

Mirudar singi - 1 part or 10 *tolas* (120 gm)

Padikaram - 3 parts or 30 *tolas* (360 mg)

These two ingredients are powdered, mixed and ground in a *kalvam* (mortar) with *kuppaimeni* leaf juice for 1 or 2 day. While it is in semisolid consistency it is placed in a pan or suitable *agals*, covered, immediately seven layers of clay cloth are made on the junction of the *agals* dried and subjected to *putam* (purification of medicines through sublimation or refining metals) in an air tight compartment with about. 50 to 60 *varatties*. It becomes a fine white *parpam* even after the first *putam* (purification of metals through sublimation). Sometimes it may not be properly burnt the colour may be blackish and in that case one more *putam* (purification of medicines through sublimation) may be neccssary by grinding with the same *meni* leaf juice.

Dose

1 to 4 grains may be given with cow's butter or ghee or honey or with any other suitable *anupanam* (vehicle).

Indications

Dysentry, diarrhoea, bleeding piles, fistula in ano - urinary fistula, skin diseases, viranam, gonorrhoea, leucorrhoea and gleet are cured.

N.B.

This preparation is also done in the proportion of *Mirudarsingi* one part and *padikaram* 2 parts. Other details are the same as that mentioned above. Dose, *anupanams* (vehicles) and uses are the same.

8. P.S.M.M. *Parpam* compound No.1 (or) *Sarva noi Nivarani Parpam* (S.R. Pharma)

1. *Pavala Parpam*
2. *Karpura silajathu parpam*
3. *Kalaimaan kombu* (*Sirngi*) *parpam*
4. *Muthu chippi parpam*

} equal parts.

These are well mixed and ground with *Adathodai* leaf juice for 2 days. *Villai* (anything circular, tablets), is made encosed in a rubbed mass of *Adathodai* leaves dried and subjected to *putam* (purifying the medicines through sublimation) with 300 *varatties* (cowdung cake). On being cooled it is carefully taken out, powdered and bottled up.

Dose

2 to 5 grains may be taken well mixed with honey or butter or ghee or it may be filled in No.2 size capsules and swallowed one capsules twice a day.

Indications

All lung lesions, fever, peripheral neuritis are cured. It may be given as an alternative medicine and corrective agent in almost all diseases including mineral and metallic medicinal administration. It relieves cough of all kinds. General burning sensation of the body and extremities are also relieved.

Note

1. This *parpam* (calcined powder) can be given to one and all diseases provisonally. Until the disease is correctly diagnosed and special medicines are choosen.
2. Special preparation of *Pavala parpam*, *Maankombu parpam* & *Karpurarsilajathu parpam* for P.S.M.M. *parpam* is mentioned under P.S.M.M. *parpam* No.II

9. I.P.S.M.M. *Parpam* compound No.II (or) *Sarvanoi Nivarani Parpam* No.II (S.R. Pharma)

1. *Pavala chunnam* No.II
2. *Silajathu parpam* No.I
3. *Sringi parpam* No. II
4. *Muthu chippi parpam*

(1–4: each 8 ounces or equal parts.)

5. *Sangu parpam*
6. *Palakarai parpam*
7. *Amaiodu parpam* No.III

These seven ingredients are mixed in a *kalvam* (mortar) rubbed with Justicia *adathoda* leaf juice for 1 or 2 days, *villai* (circular, scented *tablets) is made in small cakes, dried, enclosed in* adathodai leaves rubbed dried and are subjected to open *putam* (purifying medicines through sublimation) in a pit with about 300 *varatties*. On being cooled the *parpam* cakes are carefully secured, powdered and preserved.

Dose

2 to 4 grains may be given well mixed with honey or ghee or butter or cow's or goat's milk or with other suitable *anupanam*

(vehicle) twice a day. It may also be taken in gelatin empty capsules No.2 size.

Indications

All lung lesions, fever and neuritis including burning sensation of the extremities and all over the body are relieved. It can be used as an alternative medicine in almost all diseases and a corrective agent in mineral and metallic medicinal administration.

Note

This *parpam* (calcined powder) can be safely given provisionally in almost all diseases until correct diagnosis is arrived at.

1. *Pavala Parpam* for P.S.M.M. *Parpam*

Kodipavalan purified 1b 1 is taken, powdered rubbed with *kumari* juice (Aloe vera) for one or two days *villai* circular, scented tablets is made dried, enclosed in a rubbed paste of *kandangkathri samoolam* and *putam* (purifying medicines through sublimation) is applied as per rules. This *parpam* is better used in P.S.M.M. *parpam*.

II. *Maankombu Parpam* for P.S.M.M *Parpam*

Purified *kalaiman kombu* 1bs 1 or more is kept in the vessel of *agathi keerai*, water is added, suitably, boiled and taken out. These *maankomb*u pieces are enclosed in *Adathodai* leaves rubbed mass, dried and subjected to open *putam* (purifying medicines through sublimation). On being cooled it is secured for use in the P.S.M.M. *parpam* No.II.

III. *Karpura Silajathu Parpam* for P.S.M.M. *Parpam*

Karpura silajathu purified in *Ilaneer* (tender coconut 1b 1 or more is taken, kept soaked for one day in *Karchunna neer* (Slaked lime water) washed dried, *kavacham* (membranous covering) is made with *Vendayam* rubbed into a paste, dried and subjected to open *putam* (purifying medicines through sublimation) as per rules. This is used for P.S.M.M. *parpam*.

10. Singi *Chooranam* Compound : (S.R. Pharma)

1. *Lavangam* fried *Chooranam*
2. *Lavangapattai Chooranam*
3. *Kadukkaipoo Chooranam*

each in equal parts.

These three ingredients are mixed well and preserved in a bottle.

Dose & Indications

They are the same as that of *seethabedi Chooranam* or *grahani kaphada chooranam* No.II. However this compound powder is particularly useful in cases of profuse mucus & blood in the stools. This may be mixed with burnt up lemon juice and licked up 2 or 3 times a day either alone or with *Naga parpam*, *Pavala parpam*, *Amaiodu parpam* and *Sangu parpam*.

11. Kasukatti *chooranam* compound (S.R. Pharma)

1. White *kasukatti chooranam* or red *kasukatti chooranam*	-	3 parts
2. *Lavangapattai Chooranam*	-	3 parts
3. *Lavangam Chooranam*	-	3 parts
4. *Jathikkai chooranam*	-	1 part

These four ingredients are mixed well and bottled up.

Dose & Indications

Are the same as that of *Singi Chooranam* compound. The *Chooranam* stops blood and mucus in the stools, tenesmus and pain are relieved in dysentery & colitis.

12. Dysentery *Vadagam* :

(Ratha Seetha Kaduppu Nivarani)

Secure *Mathulam pinju* (tender fruit) introduce in the *jathikai*, *lavangam* & *masikkai* of each one *tola chooranam* (12 gram). Next the *mathulam pinju* is covered with a few layers

of *kavi* cloth, dried and subjected to *laguputam* or *aviputam* (Purifying medicines through steam). The *pinju* should become well boiled and at the same time it should not be charred. (It should be boiled well and should be charred). This is then rubbed in a stone mortar (*ammi*) adding *kasakasa* fried *Chooranam* one *tola* (white mulberry) and made into *vadagam* of about a *chundaikai* with size. When this is given curd, dysentery of all types are cured. Very promising and useful remedy.

Dose

One *vadagam* to be given 2 or 3 times a day with curd.

Indications

Ratha – kaduppu (a kind of dysentery characterized by discharge of blood, mucus & irritation of anus) & *seetha kaduppu* (pain in the anus & lower abdomen due to dysentery) are cured.

30. OOZHI NOI
(CHOLERA)

Treatment

Different environmental changes of earth leads to increased *kapha* humour in our body resulting in indigestion. Then *vatha* and *pitha* humours combine with and stimulates *Melnokkungal* (*Udhanan**), *Keelnokkungal* (*Abanan***) and *Paravugal*. The symptoms like vomiting, hiccup, thirst, dryness of mouth and abdominal distention are caused due to the stimulation of *melnokkungal*. The symptoms like excessive sweating, loss of body strength, loss of hearing function, shrunken eyes, cool extremites and backache are caused due to stimulation of *keelnokkungal* (Abanan**) followed by delirium that leads to death.

So initially physician should know which type of humours increase in a disease. Increased *kapham* in our body leads to death. So the drugs which can suppress *kapha* humour and to improve appetite are given. Associated symptomatical treatment is very essential. So suitable drugs and diets are prescribed by the physicians.

Treatment in Siddha Maruthuvam

1. Types of Kudineer

Capsicum (Capsicum annum) Fibre huste of Cocunut (Cocos nucifera) Hair of wools.	Take equal parts & Charred

Prepare decoction adding 8 parts of water and reducing to 1/8. Give 30 ml per hour, for vomiting and diarrhoea.

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* Udhanan, one of ten vital airs in the body.

** Abanan, one of ten vital airs in the body.

2. Another Variety

Chithramoola Verpattai	(Plumbago zeylanica)
Lavangapattai	(Cinnamomum verum)
Lavangum	(Syzygium aromaticum)
Ginger	(Zingiber officinale)
Pepper	(Piper nigrum)
Thippili	(Piper longum)

Take each drug 17.5gm, add 1.3 lit of water and boil them to reduce into one fourth and filter it. It is given 30ml per hour.

3.	*Thumbai* flower	(Leucas aspera)
	Sirunagappo	(Mesua ferrea)
	Lavangapattai	(Cinnamomum verum)
	Omam	(Carum copticum)
	Pepper	(Piper nigrum
	Thipilli	(Pipper longum)
	Dried ginger	(Zingiber officinale)

Take each drugs 35gm, add 1.3lit of water and boil them, one fourth and filter it. It is given 30ml for three hours once.

4. *Thumbai Karukkuu Kudineer* (or) *Prasanda Marutha Karukku*)

Thumbai	(Leucas aspera)	each one handful
Kuppaimeni	(Acalypha indica)	
Thaivelai	(Cleome viscosa)	

Take these drugs be fried black in colour then add 17.5gm and fry them. Then add 1.3 lit of water and make a decoction. It is given in a dose of 60 ml once in two hours for the symptoms like thirst, diarrhoea, abdominal distention and vomiting.

KARKAM

Capsicum (Capsicum annum) – 35 gm

Karpooram (Champhor) - 17.5gm

Take these drugs, add lime juice, grind them to prepare as *mezhugu patham*. It is given one gm per hour.

OMA THENEER

Omam (Carum coptium)	-	1.4 kg
Lavangam (Syzygium aromaticum)	-	700 gm
Sirunagappu (Mesua nagassarium)	-	575 gm
Pepper (Piper nigrum)	-	575 gm
Thipili (Piper longum)	-	575 gm
Dried ginger (Zingiber officinale)	-	575 gm
Jathikkai (Myristica fragrans)	-	350 gm
Jathipathiri (Myristica fragrans)	-	350 gm
Lavanga pattai (Cinnamomum verum)	-	525 gm

These ingredients are powdered and then add 10.5 of honey then mix it every day. On third day prepare *theneer* adding *Kasthuri*, Saffron each 8gm and crude *karpuram* 40 gm, *karpuram* – (Camphor) - 70gm.

Then prepare *theneer*. It is given in the dose of 10-20 drops with water once in every hour till the diarrhoea is arrested.

TYPES OF PODI (HERBAL POWDERS)

Kapada chooranam:

Dried ginger	(Zingiber officinale)
Pepper	(Piper nigrum)

Thippili	(Piper longum)
Thiripala	(Three myrobalans)
Vaividangam	(Embelia ribes)
Kadugarohini	(Picrorhiza Kurroa)
Indhuppu	(Impure Nacl (or) Rock salt)
Omam	(Carum copticum)
Kurosani Omam	(Hyoscyamus niger)
Jeeraga seads	(Cuminum cyminum)
Karunjeeragam	(Nigella sativa)
Lavangam	(Syzygium aromaticum)
Kasukatti	
Garlic	(Allium sativum)
Saranai Verpattai	(Trianthema decandra)
Jathikkai	(Myristica fragrans)
Jathipatri	(Myristica fragrans)
Vasambu	(Acorus calamus)

Take all these ingredients, each 8 gm, fried and then add 17.5 gm asafoetida powder. It is given in optimal dose in morning and evening for seven days. It cures all types of diarrhoea and dysentery.

Thayir Chundi Chooranam

It is given in optimal dose in morning and evening with hot water. It also cures diarrhoea due to indigestion.

Thalisathi Chooranam

Siddha Maruthuvam book prescribed *Thalisathi chooranam* for cholera but it is not effective in vomiting and diarrhoea.

These three are given in initial stage of *Oozhi noi.*

Effective Medicines (*Perumarunthugal*)

1. *Oozhi Mathirai*

It is given with suitable adjuvant in the dose of one tablet two times a day (morning and evening) for oozhi.

2. *Kabada Mathirai*

one tablet with honey given in morning and evening for three days is effective in diarrhoea this tablet is given Musa sapientum is very effective in dysentery and chronic diarrhoea. (S.V.T)

3. *Shamaladevi Mathirai*

It is given one tablet with alcohol once in three hours for "*Komaban oozhi*" and with turmeric kudineer for "*Kudarpaduven oozhi*" aand with pepper *kudineer* (decoction) for "*Akkaran oozhi*" are cured (*Siddha Maruthuram*)

Preparation

Purified *Veeram* (Mercuric chloride) Corrosive sublimate

Purified *Puram* (Mercurous Chloride) Calomel

Purified *lingam* (Mercury Sulphide) Cinnabar

Purified Camphor

Purified dried ginger (Zingiber officinale)

Purified Pepper (Piper nigrum)

Purified *Abini* (Papaver somniferum)

Purified *Kanja* (Cannabis sativa)

Purified *Kasturi* (Musk)

Purified Saffron (Crocus sativus)

Purified *Vediuppu Chunnam* (Potassium nitrate *Chunnam*)

Take each drugs of 4.1 gm add and grind with *kanja kudineer* (Cannabis decoction) for 8 hrs and root bark of *kodiveli* (Plumbago zeylanica) kudineer for 16 hrs and juice of Datura

metal for 8 hrs. The prepared pills like pepper size and dried in shadows. These tablet is very effective in *oozhi noi*.

Vediuppu Chunnam Preparation

Take adequate quantity of fried *vediuppu*, when the salt is melted add pieces of placenta of first baby then fried and prepared.

TYPES OF *MEZHUGU*

Oozhi kala mezhugu

It is given once in three hours with water the symptoms like vomiting and diarrhoea are arrested.

KATTU

Pralayakala Ruthran Kattu

Preparation

Copper

Puram (Calomel)

Thalagam

Karpooram (Camphor)

Take equal quantity then prepare *kalangu* given with honey for 3 hours once. This medicine is prescribed by *Siddha Maruthuvam*. But this is not applicable.

Another preperation in Siddha Vaithiya thirattu Powder

Thalagam (Arsenic trisulphide)

Take these drugs one part and add *Rasakarpuram* and *Vengaram* of each ¼ part are prepared in powder form. These are put in a closed pot vessel then heat it. When copper filling is melted takes place in depressed part of brick and cool it, then the copper filling is change into *kalangu*.

This medicine is not given in severe *oozhi noi*. So the following preparation is advised by me.

According to the pharmacopoeia of Siddha medicines that is being sold by Adyar Co-operative Pharmacy and Stores Ltd. This process consists of 5 ingredients such as 1. Copper fillings, 2. *Thalagam*, 3. *Rasakarpuram*, 4. *Vengaram* and 5. *Karpuram*. *Siddha Maruthuvam* says 1. Copper filings, 2. *Thalagam*, 3. *Rasakarpooram*, 4. *Karpuram* Siddha Vaidhya Thirattu says 4 ingredients slightly different from the other two recipients namely. 1. Copper filings, 2. *Thalagam*, 3. *Rasakarpuram* and *Venkaram*. Final outcome of the above process is only a metallic bolus.

My experience is as follows according to our research. The original stanzas run as follows according to Siddha Vaidya Thirattu.

The selection of ingredients in the above three process are not correct. It is not four ingredients but it is five ingredients such as 1. Copper filling and, 2. *Thalagam* of each one part, 3. *Rasakarpuram*, 4. *Shaveeram* and, 5. *Vengaram* of each ¼ part.

These five ingredients are rubbed well into a nice powder as per rules, put in a mud crucible, the mouth covered with a lid and sealed. The crucible is placed in a furnace and blown well till the crucible becomes red hot. It is taken out, allowed to cool the resultant is now in a *kalangu* condition, partly brittle. Next this resultant is weighed and powdered 1/4th part of Silver leaves and *Vengaram* are added to it. All are rubbed together in the *kalvam* into a fine powder, put in the crucible, covered, sealed and blown up in a furnace into red hot as before. When it is melted it is poured in a brick hollowed for the purpose. Now it becomes a suitable *kalangu* which is preserved.

N.B.

1. It is advisable to add for the second time *Thalagam* equal to the Copper bonus and 1/4th part of *Rasakarpuram*, *Veeram*, Silver leaves and *Vengaram* before rubbing for

the second time in the *kalvam*. This is a matter for further research.

2. The addition of Silver leaves and *Vengaram* which are added for the second burning and which are not mentioned in the above stanzas have been discovered from ancient manuscripts.

Chendooram

Chandamarutha Chendooram

Take 250 mgs of burnt *Karpuram* add with honey and give once in three hours for *oozhi noi*.

N.B

Add equal quantity of *karpuram* with honey gives good result.

Fomentation

Fried sand fomentation is effective in cooling extremities and muscle cramps.

External Application

1. Apply *mezhugu thailam* in the body
2. Horsegram powder is mixed with *karpooram* pieces and apply on the whole body.

Symptomatic Medicines

In Thirst

Earth worm is mix with milk and put in a pot then fried and add with water then filtered. 2. The sand is put in a pot then fried and add with water then filtered, decoctions are useful in thirst.

In Nausea

Valmilagu
Outer skin of lemon
Root bark of Aegle marmeloes

Take each drug 70 gm and add leaf sticks of Phyllanthus emblica 35 gm and water 1.3lit. These are boiled and filtered one forth. It is given to small amount.

3. In oliguria

Take leaves of broom (*Oovamul*) 70 gm is fried and add 650 ml of water are boiled and filtered. It is given 60 ml to 100 ml for two times.

4. *Pattru*

Take leaves of Indigofera tinctoria with one pinch of *Vediuppu* to prepare paste form and apply to lower abdomen.

Hot water fomentation is applied to penis.

Food

Diuretic, liquid and easily digested foods are given. *Chukku mudi conjee*, *poriconjee*, *barliconjee* are given, when vomiting and diarrhoea are arrested two times boiled rise is given. Similarly add the quantity of food and vegetables depends upon the body condition.

Another treatment aspects.

In initial stage of Oozhi noi.

1. *Thalisathi Chooranam*, *Thairchundi Chooranam*, *Kirahani Kabada chooranam*, *Kabada Mathirai*, Milagu *kudineer*, Milagu *mezhugu*, *oozhi mathirai*, *Oozhikalan mezhugu*, *Soodam mezhugu*, *Chandamarutha chendooram*, *Aya veera chendooram* are given one by one depending upon the stages of disease and patients conditions with suitable adjuvants.

These medicines are not effective when the symptoms like vomiting, diarrhoea, body cooling, shrunken eyes, dryness of mouth, excessive sweating, muscle cramps are appeared.

2. *Kadikkara Chendooram*

Take *Kadikkara Chendooram* 65mg, *karpuram* 65mg mix with honey for three hours once. This medicine is very effective in symptoms of delirium.

3. *Kasthuri Mezhugu*

It's given 130 mg with honey for two hours once the symptoms like dryness of mouth, thirst, hiccup, vomiting are cured.

4. Vomiting and thirst

When the symptoms like vomiting and thirst are present *Jathijambeera kulambu* is applied on the tongue (or) Any other medicines like *Valugastiga kudineer*, *Prachendamarutha karukku*, Nayurivi *kudineer*, once in two hours. Followed by *Kasthuri mezhugu* with honey, is beneficial.

Body temperature is increased due to application of *Thaivelai ennai* in the body (or) take red sawdust and *kolikaram* mixed and powdered then add buttermilk and fried used to fomentation process.

Diet

Small amount of filtered rice *conjee* and large amount of water should be given.

In severe condition

Any one medicine like *Linga kattu*, *Pralayakala ruthran kattu*, *Thalagakattu*, *Rasakattu* with honey (or) mothers milk gives two hours once. The *kattu* preparations are correct process these are very effective in *oozhi* than other modern medicines. When these medicines are given the *oozhi noi* symptoms like vomiting, diarrhoea, thirst, dryness of mouth are cured.

Urine

When the diarrhoea is arrested take more water, rice *canjee* causes normal micturation. If these symptoms appear the disease

is curable. In symptoms like oliguria and anuria tender coconut water with *Vediuppu chunnam* (or) *Vengara chunnam* 130 gm is given, then add *Karpura silajathu parpam* No 2, 390mg, *Padigara parpam* 130mg are given.

Note

The patient after cured in *oozhi noi* diet restrictions are very essential.

***Valukastiga kudineer* for Vomiting** (Manuscript)

Preparation

Sand – one hand

Earth warm

Tender leaves of Ficus bengalensis

Tender leaves of Ficus racemosa

Tender leaves of Ficus microcarpa

Outer skin of lemon

Leaf of Palm tree Peacock feather.

Take these drugs and add one by one all these ingredients are put in a pot and fried add 1.3 lit. water then add

Athimathuram	-	(Glycyrrhiza glabra)
Kottam	-	(Costus speciosus)
Akarakaram	-	(Anacyclus pyrethrum)

Each one piece is taken, then boiled to one forth and filtered. It is given in dose 60-120 ml for frequent doses the symptoms like vomiting, nausea, hiccup, dryness of mouth, thirst are cured.

2. *Nayuruvi Kudineer* (Special Manuscript)

Preparation

Nayuruvi	-	(Achyranthes aspera)
Leaf sticks of	-	(Tamarindus indicus)
Leaf sticks of Murungai	-	(Moringa olifera)

Mavelingam pattai - (Crataeva magna)
Chithramoolaverpattai - (Plumbago zeylanica)
Sivanar vembu - (Indigofera aspalathoides)
Flowers of calotropis gigantea
Flower of coconut - (Cocus nucifera)

Take each drugs of 35 gm add water 5.2 lit boiled to one eight and filtered. This *kudineer* is 60-120 ml with 130 mg of *Kasthuri mezhugu* are given three hours once, the symptoms like thirst, vomiting, hiccup, dryness of mouth, nausea, fainting, general weakness are cured.

Note

Thumbai karukku Kudineer is otherwise called as *Prasanda Marutha Karukku*.

This medicine is given with *Kasthuri mezhugu* (or) *Nayam Kasthuri* is best.

4. *Soodan Mezhugu*

Karpuram (Camphor)
Pepper (Piper nigrum)
Dried Ginger (Zingiber officinale)
Asafoetida (Ferula asafoetida)
Garlic (Allium sativum)

Take these drugs in equal amount then powdered and mixed with honey and grind. It is given 500 mgm with honey for morning and evening times the symptoms like toxic diarrhoea, indigestion, dysmenorrhoea are cured.

5. *Aya Veera Chendooram* for toxic diarrhoea (Special Manuscript)

Preparation

Purified *Aya* Powder - One part
Purified *Veeram* - ¼ Part

Take these drugs powdered, add with lemon juice then grind two days put in a mud crucible, the mouth is covered with a lid and sealed. The crucible is placed in a furnace and blown from 8 a.m. to 8. a.m. for three days. First day is *Deepakkini*, next day *Kamalakkini* and third day *Kadakkini* It is then taken out and powdered add *thiripala kudineer* grind for two days put in a mud crucible, the mouth covered with a lid is placed in a furnace and blown.

Dose

65 mgm with honey for four hours cures the toxic diarrhoea. Otherwise in *gunmam* and *vatha* disease the same medicine is given with honey.

6. *Kasthuri Mezhugu* (Please refer to under chapter 15)

(I am also reproducing an article written on "*Oozhi noi*" and its treatment for the Journal of Indian Medicine in October 1951 – Just for the information of the readers. Much advance has been made after that on this subject.)

OOZHI KATTRU

Aetiology, signs and symptoms, diagnosis and prognosis of cholera based on ancient Siddha literature as found in cudgeon leaves, together with my own experience of treatment.

Explanation

The above Tamil verses reproduced from ancient cudgeon leaves represent that cholera is the result of a peculiar wing known as "*Oozhi kattru*" and is named as '*Shamaladevi*',. The wind is said to be black like black ink, very strong and powerful and is invisible to our eyes. It is very very rapid in velocity and is said to be capable of destroying the world in no time, but not the people who are pure and absolutely clean. It is also said definitely that this *oozhi kattru* does not affect those absolutely clean people such as the ''kings" and "*Siva Yogis*" and that it has no sympathy for the rest of the people. (i.e. who are dirty and unclean). The

attack is momentary and kills individuals in no time. So you warned that you should be cautious and vigilant not only to treat cases but also to prevent its attack that is prevention here as far as we could know?

Avoid diet. Lead a pure, simple and clean life as far as it is possible for us (or) to the required extent, if not like kings and *yogis*.

It is also mentioned that this *oozhi kattru* will not be there always in a place but it would descend from some higher plane. When this particular wind strikes against anyone's head it is said that it would cause the blood of that affected individual thoroughly changed into watery condition losing all its potential energies. Immediately vomiting and diarrhoea ensure leading to exhaustion very quickly. Perspiration of a sticky nature and in abundance is also produced. (i.e. profuse cold, clammy sweet) Dryness of the throat (including mouth) pain all over the body with muscular cramps and stomach ache of a severe nature also follow and finally leads to delirium. If you are careless, death is sure to occur and hence you are advised to administer suitable specifics very cautiously and promptly.

Treatment – My experience

1. At the initial stage, you try "*Thalisathi Vadagam*" - 2, well powdered and mixed with honey every 4 hours for one (on 2 dose to control motions. *Jathi jambeera kuzhambu* about a *kundri* size (or) two to be licked up every 2 hours, if there is vomiting.

2. If however motion becomes excessive and patient getting exhausted with cold clammy sweat, muscular cramps and pulse sinking etc., you administer "*Kadikkara Chendooram*" are prepared as follows about 2 to 4 grains well mixed with honey every 3 to 4 hours (not more than 2 to 3 doses may be necessary) followed at the same time "*Kasthuri*

Mezhugu" about a *kundri* size well mixed with honey (or) liquid glucose. You will certainly find. Wonderful and favourable result out of this administration.

3. This is also very useful in cholera and may be administered from the very onset of every 3 to 4 hours *Milakai vatral* about one *palam*. To be fried well until it becomes utterly dark colored. Add one measure of water to it to be reduced to 1/3 decoction. Decant and give about 2 ounces with little jaggery added to it. This decoction alone cures cholera, found by experience in many cases.

4. My prescription of a decoction to prevent vomiting, thirst, hiccup and exhaustion is as follows.

Sand near tank water	(handful)
Nerpori	
Myleragu	- ½ tola - 6 gm
Poonagam	- 10 tolas - 120 gm
Tender leaves of	- Ficus religiosa
Tender leaves of	- Ficus bengalensis
Tender leaves of	- Ficus microcarpa

All these are fried well in a mud pan one by one in the above order until each of them becomes charred or utterly blackened and then one measure of water be added. Next add to the following:

Athimathuram, Jathi koshtam, Akkarakaram each a small piece broken in bits. Then boil it to be reduced to 1/4th part, decant, administer about 2 to 3 ounces with a little jaggery added to the decoction, in every 2 to 3 hours according to the severity of the case.

N.B.

During all the time from the beginning to the end give plenty of water to drink in small quantities in short intervals, preferably rice conjee water

Just to flavour the rice canjee water, cow's butter milk may be added.

Kadikara Chendooram

(No – 1 used by me in cholera cases)

Velli kadikkaram	-	1 Part
Purified *Rasa Chendooram*	-	4 Parts
Jathilingam	-	8 parts

Rubbed well in a *kalvam* adding breast milk for a day and allowed to dry with the *kalvam* in shade. It is prohibited from exposure to sun. Then powder it and bottled up. The colour will be bright red.

N.B

You may also increase the weight of *vellikadikaram* alone as double, i.e. 2 parts while the other two drugs are of the same weight and made into *chendooram* as above. This is also very effective and you have only to reduce the dose of the *chendooram* while administering. The nature and the dose of the *chendooram* should be judged on the severity of the case and on the tolerance of the patient. Once you handle this *chendooram* in one of the above methods you will then feel convinced.

Kasthuri Mezhugu

Please refer to page 107, visha vaidya chinthamani. This is an excellent specific medicine which every physician have in possession of to treat cases of serious nature in general practice.

1. *Thaivelai tuthuvalai ennei* for external application:

1. *Thaivelai verpattai*	-	½ vis (special) - 700 gm
2. *Vellaipoondu*	-	¼ viss (kernal alone)
3. *Vembu ennai*	-	1 bs 6
4. *Omam*	-	3 teaspoonful

These are boiled into *thaila patham*, filtered and bottled up.

When applied all over the body in cases for high fever with body pain and *sannipatham*, much relief is ensured. Further this oil may be applied all over the body in the cold stage of cholera to ensure heat body.

2. *Kadikkara* chendooram No. II (Special) (S.R. Pharma)

1. *Velli Kadikaram*	-	1 Part (or) 1 gram
2. *Jathilinga Kattu Chendooram*	-	8 Parts (or) 8 grams
3. *Rasa Chendooram* No. 1 (or) (*Rasa ghendi Thalaka Chendooram*)	-	16 parts

These are rubbed together in a *kalvam* for one day and bottled up.

Dose :

1 to 2 grains be given with *Thirikadugu chendooram* and honey (or) inji juice (or) *thulasi* juice and honey (or) other suitable *anupanams*.

Uses:

Sanni, *Vathanoi*, hemiplegia, facial paralysis, cerebral thrombosis, chorea and cholera, etc. are cured. For cholera this is very effective during cold stage, warmth is ensured, cramps are relieved, motions, vomiting and thirst are controlled

3. *Kadikara chendooram* No. III (special) (S.R. Pharma)

1. *Vellikadikaram* 2. *Jathilinga kattu chendooram* 3. *Rasa chendooram* No.1 (or) (*Rasa ghendi Thalaka chendooram*)	of each equal parts or about 2 drams each.

These 3 ingredients are rubbed together in a *kalvam* for one day and bottled up.

Dose

Anupanam and uses are the same as for No.1 *kadikara chendooram*. This is a bit stronger than No.1. *Kadikara chendooram*. Which is very useful in cholera, paralysis, hemiplegia, cerebral haemorrhage and thrombosis etc.

31. ERUVAI MULAI NOI (MOOLA NOI) (ANORECTAL DISEASES)

Parikaram (Treatment)

In *moola noi,* increased *keelvaikanal* stimulates *vatha* humour these totally stimulate *pitha* humour. Constipation develops due to effects of *keelvaikanal*. So the symptoms like loss of appetite, emaciation, mental depression, decreased body fluids and blood volume are developed. In treatment aspect in order to suppress *vatha* humour, prescribe cooling agents to suppress *keelvaikanal*.

Pain, irritation, burning sensation due to *keelvaikanal* are treated by fomentation, external application and oil application.

Treatment aspects in *Siddha Maruthuvam kudineer* (decoction)

1. *Thondri* root (*Kanthatta* root)

Asafoetida

Dried ginger

Take these drugs each 3/8 *palam* and put in a pot. Add 750 ml of water boiled to one fourth and filtered. It is given in optimal dose in morning and evening for all types of *moola* disease.

2. Another Preparation

Leaves of *karakarunai*	(Amarphophalus companulatus)
Kanduparangi	(Clerodendron serratum)
Salt	(Sodium Chloride)

Take these ingredients and put in a pot and fried; add filtered water of buttermilk and boil adding butter and *karkandu*. It cures many types of *moola* disease.

3. Another preparation

Leaves of *Karukarunai* (Typhonium trilobatum)

Aloe vera

Sodium chloride

Dried ginger powder (Zingiber officinale)

These drugs are mixed produce watery discharge, which given with ghee is very effective for *moola noi*.

4. Another Preparation

Surathu Kadukkai (Terminalia chebula)	-	35 gm
Chitheramoola Verpattai (Plumbago zeylania)	-	17.56 gm
Root of Ipomoea turpethum	-	8.5 gm
Kadughu rohini (Picrorhiza Kurroa)	-	8.5 gm
Butter milk	-	650 ml

Take all these ingredients and be boiled to prepare *kudineer*. Add *kudineer* with butter and is given for diarrhoea and tenesmus and itching around the anus.

5. Another Preparation

Fruit of Feronia elephantum

Fruit of Aegle marmelos

Thripala

Dried ginger

Embelia ribes

Ficus oppositifolia

Root bark of Euphorbia tirucalli

Sphaeranthus indicus.

Take all these ingredients each 8.5gm, add 1.3 lit of water, boil till it reduce to one eight form and then add pam jaggery. It is very effective in bleeding piles.

6. Another preparation

Vernonia antihelmintica

Scindapsus officinalis

Coriandrum sativum

Dried ginger

Valmilagu

Myristica fragrans

Quercus infectoria

Bark of *agil*

Bark of *uzhalatri*

Take these drugs each 17.5 gm and pulverize them. Then dip in juice of sour pomegranate for 12 hrs and filter. It is given morning time; it induces diarrhoea and arrest, rectal bleeding.

1. Types of Powder

Root of Solanum trilobatum	in equal parts
Sansevieria roxburghiana	
Karunai (Amorphophalus campanulatus)	
Vitis quadrangularis	
Tacca pinnatifida	
Root of Toddalia aculeata	
Root of Hygrophila spinosa	
Root of Cynodon dactylon	

Take these drugs, dried and powder them. It is given in 3 fingers dose for morning and evening.

2. Another Preparation

Vitis quadrangularis	-	each 210 gm
Root of Leucas aspera	-	each 210 gm.
Sodium chloride	-	700 gm

Kadukkai (Terminalia chebula) No - 20

These are powdered and then add the following:

Thirikadugu	
Cuminum cyminum	(Jeeragam)
Outer skin of Terminalia chebula	(Kadukai)
Root of Trianthema decandra	(*Sakthisaranai*)
Silajathu Parpam	
Athimathuram	(Glycyrrhiza glabra)
Hyoscyamus niger	(Chrochani omam)
Pipper longum	(Thippili)
Coscinium fenestratum	
Peucedanum graveolens	(*Mathulai*)
Carum copticum	(*Karunjeeragam*)
Piper nigrum	(*milagu*)
Plumbago zeylanica	(*kodivelli*)
Costus speciosus	(*Coshtum*)
Moongil salt	(Bambusa arunalinacea)
Brassica juncea	(*Sanal*)
Cassia lanceolata	
Phyllanthus emblica	(*Nellikai*)
Terminalia bellerica	(*Thandrikai*)
Alpinia galanga	(*Vasambu*)

Ipomoea turpethum

Hyoscyamus niger

Cinnamomum verum (*Lavangapattai*)

Eclipta alba (*Keelanelli*)

Take these all ingredients in 25 gm and as powdered. It is given 2-4 gms in morning and evening.

Adjuvants

Ginger juice, dried ginger decoction, sugar, castor oil, and hot water.

Curable diseases

Moolam, anal fissure, ulcer and itching around the anus.

3. Another Preparation

Take dry Amorphophallus campanulatus is boiled in sour vinegar and then broken in to small pieces and dried under moon light and powdered. Take these powder 280 gm and add Terminalia chebula, dried ginger, Piper longum, Plumbago indica each 35 gm and powdered. It is given 3 finger dose with gingelly oil twice a day.

4. Another Preparation

Take Achyranthes aspera rice 2.5 kg fried with ghee powdered and then added with Ferula asafoetida, Cuminum cyminum, Allium sativum, Terminalia chebula, Phyllanthus emblica, Terminalia bellerica, *Thirikadugu*, root bark of Calotropis gigantea, Sarcostemma brevistigma each 35 gm are powdered and then add leaf juices of Ocimum santum, Cissus quadrangularis, Oxalis corniculata, and Aloe vera 1.3 lit and dried in sunlight and then powdered. It is given 4-8 gm with ghee (or) butter twice a day. It cures all types of anal disorders.

5. Another Preparation

Take one Amorphophallus paeonifolius is powdered then boiled in pitaviyal process. It is given with ghee and sugar cures all types of *moola* diseases.

Varieties of Ghees

1. Take coconut milk (Cocus nucifera) with *karkandu* and Asafoetida fried with ghee. It cures tenesmus and pain around anus.

Another Preparation

Take coconut milk (Cocus nucifera) with Enicostemma axillare, Aponogeton monostachyon and then add 4 parts of water. It is then boiled and filtered. It is given with ghee which is very effective for eruvai *mulai noi.*

Another Preparation

Take the root of Achyranthes aspera – one *veesi* (1.4 kg) is powdered and add 16 *padi* water. It is boiled and reduced to 1/8 decoction. Then add Glycyrrhiza glabra, Picrorhiza scrophulariflora, Nymphaea alba, Madhuca longifolia, Costus speciosus, Anethum graveolens, Garcinia zanthocymus, Clerodendrum serratum, Embelia ribes, Zingiber officinale, Piper longum each 5 gm and powdered. These all are grind with ghee 1.3 lit and boiled filtered. It's given 12 – 16 in for morning with hot water. This is good for all types of *moola* diseases.

Another Preparation

Leaf juice of Centella asiatica	- 1.3 lit
Juice of Amorphopallus paeoniifolius	- 1.3 lit
Juice of Oxalis corniculata	- 1.3 lit
Juice of Hibiscus cannabinus	- 1.3 lit
Juice of Phyllanthus emblica fruit	- 1.3 lit
Cow's ghee	- 750 ml
Pig ghee (fat)	- 750 ml

Myristica fragrans Aconitum heretophyllum Mesua nagassarium Cyperus rotundus Tinospora cordifolia Santalum album Glycyrrhiza glabra	each 35 gm

Take these drugs powdered and grind with milk and then boiled and filtered. It's given 12-16 ml twice a day which is very effective in tenesmus and rectal bleeding.

Another preparation

Juice of Carrisa spinarum - 1.3 lit

Juice of Phyllanthus acidus - 1.3 lit

Juice of *Pulivanji* leaves - 1.3 lit

Plumbago indica Three myrobalans Cinnamomum verum Mesua nagassarium Phoneix dactilifera Anacardium occidentale Elettaria cardamomum Calotropis gigantea Euphorbia ligularia Cyperus rotundus	each 35 gm

Take these drugs powdered and then add *panangkarkandu* – one veesai, cow's ghee – 700 gm are boiled to prepare *legiyum* form. It is given 5 gm twice a day.

Types of *Legiyum*

Nathai Legiyum

Take fleshes of snail ground with milk and added with milk – 1.3lit. *Panangkarkandu* – ½ (700 gm) *veesai* is boiled and add ghee –350 gm. Cyperus rotundus, Myristica fragrance, mace (Arillus of the myristica officinalis) Clerodendrum serratum, and Quercus infectroia are taken each 35 gm to prepare *legiyum*. It is given 5 gm in morning and evening which cures all types of *moola* disease. Add saffron 8 gm for more effectiveness.

Karunai Legiyum

Milk – 1 part, juice of Amorphophallus paeonifolius – ½ part are added then boil adding jaggery – 1/6 part to prepare *legiyum*. It is given 4 gm in morning and evening for *mulai noi*.

Amai Legiyum

Take boiled tortoise flesh, grind with milk adding 1.3 lit of milk. Take the drugs. Allum cepa, Allium sativum, Cinnamomum verum, Pimpinella anisum, Coriandrum sativum, Curcuma longa, Myristica fragrance, and mace (Arillus of the Myristica officinalis) each 35 gm grind mild by and then add tortoise flesh, *panangkarkandu* – 700 gm and boil to prepare *legiyum*. It is given 5 gm twice a day. In this preparation add some ghee and saffron – 8 gm for efficacy.

Types of Tablets

Cissus quardrangularis	(*Pirandai*)
Terminalia chebula	(*Kadukkai*)
Carum copticum	(*Omam*)
Piper cubeba	(*Valmilaghu*)
Dried ginger	(*Zingiber officinale*)
Piper longum	(Long Peper)

Take these drugs each 8.25 gm, add equal amount of sugar and ghee and grind them prepare 65 mg pills which is given in morning and evening. It is very effective in ten types of *Moola noi.*

Parpam and *Chendooram*

Thuthanaga Parpam (or) *Chendooram*

Velliya Parpam (or) *Chendooram*

Karriya Parpam (or) *Chendooram*

It is given with suitable adjuvants morning and evening. It is good for *Moola noi.*

External Medicine

1. External Wash

Bark of Ficus racemosa

Bark of Ficus religiosa

Bark of Ficus bengalenesis

Bark of Ficus microcarpa.

Take these drugs are each 350 gm which are then broken in bits. Added with 8 lit of water boiled and then filtered. This is used for external wash in anal region.

Another Preparation

Take Evolvulus alsinoides, and Sphaeranthus amaranthoides in are equal amount and grind. It is given for external wash in morning and evening.

Patru (Poultice)

Rice of *Kambu* added with the juice of Pennisetum typhoideum is boiled in a mud *chutty*. Next day filter the water in rice. Then fresh water is added every day. On 8th day the rice is added with leaves of Pennisetum typhoideum is ground and applied in anal region.

Take the leaves of Jatropha curcas with castor oil, fried (or) boiled with vinegar. It is applied in anal region.

Vapouring Method

1. *Omam* (Carum copticum)

   Dried ginger (Zingiber officinale)

   Curuma longa

   Piper nigrum (Peper)

Take these drugs in equal amount, powdered, then added with water boiled. It is used in vapourising method.

2. Take one brick heated, added to *nochikudineer* (Vitex negundo). If the vapour is applied to anal region and body it relieves pain. In diet the sour taste is avoided.

Food

Rich fibre food, mild laxative food and cooling foods are given. Avoid tubers, sour taste in diet. *Kaararisi*, *Savarasi*, *Manakathai* and *Kuruvai canjee* (or) rice are advised.

Green leaves

Green leaves of *Thuthi*	(Abutilon indicum)
Green leaves of *Pasalai*	(Portulaca quadrifida)
Green leaves of *Sukkan*	(Rumex vesicarius)
Green leaves of *Venthaya Keerai*	(Trigonella foenum graecum)
Green leaves of *Mulaikeerai*	(Amaranthus blitum)
Green leaves of *Arukeerai*	(Amaranthus trisitis)
Green leaves of *Murungai Keerai*	(Moringa oleifera)
Green leaves of *Soghi Keerai*	(Anethum graveolens)
Green leaves of *Paruppu Keerai*	(Portulaca oleracea)

Green leaves of *Manathakali Keerai* (Solanum nigrum)

Green leaves of *Ponankanni Keerai* (Alternanthera sessilis)

Any one of these greens be added in diet daily.

Vegetables

Karakarunai (Amorphophallus paeonifolius)

Karukarunai (Thyphonium trilobatum)

Sanaituber (Colocasia antiquorum)

Abelmoschus esculentus

Ficus raecemosa

Coccinia grandis

Pig, udumbu, snail, tortoise and rat are good for *moola noi,* if added in diet.

Fish for *Moola Noi*

Vilaangu fish is very good for *moola noi.*

These are all medicines prescribed in Siddha Maruthuvam. Some other internal and external medicines are.

Miruthar singi Parpam (S.R. Pharma)

It is very good for piles, fistula, dysentery, leucorrhoea and gonorrhoea. It is given in 130-260mg with butter in morning and evening with *Thetrankottai legiyum.*

Nathai Parpam (S.R. Pharma – See under Chapter 2)

It is given in 130-260mg with butter in morning and evening.

1. *Naga Chunnam* No.1

(S.R. Pharma two kinds of preparation and *Naga Chunnam* compound are shown below, which are useful in haemorrhoids also).

***Naga Chunnam* No.1.** (For uses in bronchial asthma cure No.II)

Take purified *Cirukann nagam* ¾ lbs or one part *Milaku chooranam* raw 3 parts.

While *Nagam* is melted in a frying pan over intense fire, *krasam* is given with *milaku*, *Chooranam* little by little until *nagam* is flowered into nice ash, thereafter it is removed from the fire; well burnt up *nagam* is collected, rubbed with *velipparuthi* leaf juice (or) *shothukathalai* juice (or) both one after other. Pills are *villai* is made, dried and subjected to heavy *putam* in a pair of suitable *agals* with about 300 *varatties* in a pit in an airtight compartment. On being cooled it is taken out, powdered and bottled up. Invariably the *nagam* becomes a fine *chunnam* without particles of metal.

After the above first *putam*, if the medicine contains particles of metal, then it is necessary to repeat the process once more (i.e. rubbing with any one of the above juice, making *villai* and applying *putam* in a pair of suitable *agals* as before). Now it may be powdered and bottled up.

Dose

2 to 4 grains be given with cow's butter (or) ghee or honey (or) with other suitable *anupanam* twice a day. *Thetran legiyam* is a good *anupanam* for piles and fistula.

Indications

Piles, fistula, diarrhoea, dysentery, *dhadhunattam*, etc, are cured. This *chunnam* also goes into the preparation of bronchial asthma cure No.11 (i.e. one part of *Naga chunnam* No.II and 5 parts of *Thirikadugu chooranam* (or) *panchadeepagni chooranam* (or) *Gowthamar chooranam* well mixed together)

Dose

5 to 10 grains be taken with honey (or) cow's ghee two (or) three times a day in cases of bronchial asthma and eosinophilia of the lung (S.R. Pharma).

2. *Naga Chunnam* No.II (S.R. Pahma)

Cirukan nagam Purified by melting and dipping in *iluppai nei* 21 times. A few grains of *Nattu navacharam* powdered is thrown over the melted *nagam*. Immediately after it is poured into the oil. Each time it is washed with water and dried. About ½ 1b is taken.

This is melted in a frying pan over charcoal fire and *churukku* be given with donkey's urine little by little while *nagam* melts. About 2 Madras measures of urine is required to make the *nagam* as solidified into *kattu*. Then it brittles and becomes a fine powder. In most cases this powder is white in colour, *chunnam* is best and is used internally with good effect. But at times the colour and consistency are not satisfactory and in that case the same *Naga chunnam* may be rubbed with *Velipparuthi* leaves juice, made *villai* and subjected to *putam* in a pair of suitable *agals* with 250 *varaties* in a pit. Now the colour becomes yellow. A third *putam* may also be necessary sometimes and this time *kumari* juice may be used for rubbing. It now becomes a very fine and effective medicine.

Dose

2 to 4 grains b.d, may be given with cow's butter (or) ghee *kumari* pulp (i.e. *Shothukathalai choru*) by washing it with water, placing it in a plate, sprinkling a few grains of *kadukkai chooranam* keeping it exposed to the mist during night. Early morning the fluid is taken. This is *kumari neer* which is used as *anupanam* for this *Naga chunnam*. The *Shothu kathalai choru* may also be hanged like *tholayanthram* after sprinkling *kadukkai* powder and the fluid be secured in a receiver.

Indications

Piles, fistula, gonorrhoea, gleet, leucorrhoea, *thadhunattam*, diarrhoea and dysentery are cured. It is very useful in sprue and colitis. Amoebic and bacillary dysentery are very well tackled with this *Naga chunnam*.

3. ***Naga Chunnam* Compound III** (or) *Moola Noi Nivarani.* (S.R. PHARMA)

1. *Naga chunnam* No.11 ... one part (or) 15 tolas
2. *Kodipavala chunnam* ... 1/3rd part (or) tolas
3. *Silajathu parpam* No. V .. 1/3rd part (or) 5 tolas.

These four ingredients are mixed in a *kalvam* rubbed with 1. *Kumari* juice (Shothukathalai juice) for 2 (or) 3 days and dried in the *kalvam*. Then rubbed with 2. *Adathodai* leaf juice for 2 or 3 days; *villais* are made, dried, enclosed in a pair of suitable *agals*, clay cloth of seven layers are made to the margin, dried and *putam* is applied with 600 *varatties* in a pit of air tight compartment. On being cooled it is taken out, weighed and powdered.

This is then rubbed with the above two kinds of juice (or) with *adathodi* leaf juice and subjected to *putam* as before by enclosing the *villais* in the rubbed paste of Adathodai leaves. It becomes an excellent compound *chunnam*.

Dose

Anupanam and uses are the same as that of *Naga parpam* compound (or) *Moola noi nivarani* no. 7. This is also useful as an aphrodisiac.

4. *Velvanga Parpam* No.1.

Purified *velvangam* lb ½ is taken, filed into very fine filings, mixed together with (Curcuma longa) *pachai manjal* juice powder (or) *kappu manjal* fine powder about 1½ lbs spread over a piece of jute sack or mull cloth which is then rolled into a bundle lengthwise and setfire to (instead of mixing the *vangam* filings and *manjal* powder, the powder may be spread over a piece of jute sack (or) mull cloth and the filings may be sprinkled over this powder uniformly and then the cloth be rolled lengthwise. After it is completely burnt, the next day the ash is blown away carefully (or) washed and the *vangam* burnt – up or brittle particles are

carefully secured and weighed. *Nava Moola Guru chunnam* ½ gram is then added to this *vangam* particles.

Next it is ground with *kumari* juice (or *shothukathalai* juice) for 2 (or) 3 days, pills are made enclosed in a pair of suitable *agals*, seven layers of clay, cloth are made to the margin dried and subjected to a *putam* in a pit in an airtight compartment with about 200 *varatties*. On being cooled it is taken out and examined. If it is not of proper colour and consistency without metallic particles. It should be powdered fine *parpam* is kept separate after straining through cloth and the remnant metallic particles are secured. Then they are fried with equal weight of fine *Sangu* (raw) powder in a frying pan whereby the metallic particles become very brittle and form fine powder. Next both the above first *putam* finished *parpam* and this fried metal and *sangu* compound are ground together in a *kalvam* with *kumari* juice. Pills are made and second *puttam* is applied as before. Now the *vanga parpam* is found very well finished.

If not, the same process of rubbing with *kumari* juice and applying *putam* should be repeated for one or two more times.

Dose

2 to 4 grains may be given twice a day with cow's butter or ghee or honey or other suitable *anupanams*. *Thetran legium* is a good *anupanam* for piles and fistula.

Indications

Gonorrhoea, gleet, leucorrhoea, piles, fistula, *meganeer* and all sorts of skin diseases are cured. *Indriya thambanam* and semen development are ensured. This is a good sexual tonic. *Karumegam* and leucoderma are also cured, with this.

***Velvangam* Purification**

One viss 4.4 kg of *velvangam* (or) *vellieyam* is melted in a long tailed *karandi* (spoon) and pound in the juice of *ven nochi*

Vitex negundo leaves which little of *manjal* powder is added. This process is repeated atleast 10 times and then washed.

5. *Velvanga Parpam* – No – II.

Purified *velvangam*	… 5 ounces
Purified *Patharasam*	… 2½ to 5 ounces.

Thonthippu between *Vangam* and mercury is made as per rules; Add *Karpoora silasathu* equal to the weight of the above *vangarasam* compound (about 7½ to 10 ounces); powdered in a *kalvam* and ground with *kumari* (aloe) juice, and dried pills are made, enclosed in a pair of suitable *agals;* seven layers of mud cloth are made to the margin of the *agals*, subjected to a first *putam* in a pit in an airtight compartment with about 200 *varatties*. On being cooled, it is taken out and *putam* is repeated for a second time as before.

Next, after two *putams* the *vanga parpam* is taken out, ground with Calcium carbonate *karchunna neer* for 2 days; pills are is made and *putam* is applied as before for a third time. With these three *putams* the *vanga parpam* No II obtained satisfactorily finished. If not the *parpam* may be subjected to a fourth *putam* in the same manner as before by grinding with *karchunna neer*. It is found allright by these four *putams*.

Dose

2 to 4 grains may be given with cow's butter (or) ghee or honey or other suitable *anupanams*.

Uses

Gonorrhoea, gleet, leucorrhoea, *meganeer*. *neeradaippu*, skin disease, piles, fistula, spermatorrhoea, *karumegam* and *venkuttam* etc are cured. *Thetran legiyum* is a good *anupanam* in cases of piles and fistula.

6. *Thiruvanga Chunnam* No.I (Traditional)
(S.R. Pharma)

1. *Cirukan Nagam* purified - each in equal parts or 4 ounces each.
2. *Velvangam* purified - each in equal parts or 4 ounces each.
3. *Karuvangam* purified - each in equal parts or 4 ounces each.

These three ingredients are again purified by melting a in *Iluppai nei* repeated 10 times and washed each time.

This purified *Thiruvangam* is again melted and *thonthippu* made with mercury (Patharasam 1/3 part) or equal to the weight of *Thiruvangam*. Now it brittles. This is then placed in a *kalvam*, ground with

Veliparuthi leaf juice for 1 (or) 2 days.

Keezhkainelli juice for one (or) two days and then made into a thin pills. This is enclosed in a pair of suitable *agals* with seven layers of clay cloth dried and subjected to heavy *putam* with about 600 *varatties* in a pit in an airtight compartment.

On being cooled next day, it is taken out. If the medicine contains particles of metal, it is better to isolate metallic particles form the *chunnam* (nice powder) by stringing through cloth and strained out. Better be fried with equal part of raw *sangu* powder under intense fire. By this process all the particles become brittle and to powder form easily.

Thereafter both the powders of the *chunnam* are fried for a while placed in a *kalvam*, powdered nicely, ground again with *velipparuthi* leaf juice, *keezhkainelli* juice and *kuppaimeni* juice each for one or two days, pills are made and subjected to a heavy *putam* as before. It now becomes a fine white *chunnam* fit for use.

If it is incomplete in its colour or in its fineness, it is advisable to put one or two more *putams* by grinding *velipparuthi* juice or *kuppaimeni* leaf juice or *cirunerunjil* juice or *cirukeerai* juice or *keezhkai nelli* juice or in 2 more juices. It becomes an excellent *chunnam* or *parpam* in 3 or 4 *putams* on the whole and sometimes in two putams. It is then powdered, weighed and bottled up. It is also advisable to rub *Thiruvangam* mercury compound with individual juice such as *velipparuthi*, *keezhkainelli* and *kuppaimeni* leaves for 3 or 4 days and *putam* applied as per rules in each juices separate by until very satisfactory *chunnam* on *parpam* is obtained out of *Thiruvangam*.

Dose

2 or 4 grains may be given with cow's butter or honey or other suitable *anupanam* twice a day before food for five to 10 days for a course.

Uses

Diabetes mellitus, diabetes inspidus, cancer, liver and spleen disease, gonorrhoea, gleet, leucorrhoea, syphilis, piles, fistula, *kandamalai* and other glandular affections buboes. carbuncles, gunmam, cancer of cervix and uterus cancer penis, hemiplegia, paralysis and several worst skin disease are definitely cured. This is a traditional process and very successful in practice.

Note

When this medicine or other similar *Thiruvanga chunnam* is administered for cases of ascites. It is necessary to avoid all kinds of food including water. Such patients should be fed upon bread (or) *adai* or *rotti* prepared out of bengal gram flour (*kadalaimavu*) without salt and for thirst he should drink only cow's or goat's milk. Under any circumstances he should not drink water even once at least for 5 to 10 days. He should not stay in the breeze. (i.e. he should not expose himself to wind). He can however add a little sugar to the milk in which the above *adai* or bread may be kept soaked and then taken.

7. *Thirunaga Pavala Chunnam* No. 1 (Special)
(S.R. Pharma)

1. *Cirukan Nagam* purified 2. *Velvangam* Purified 3. *Kariyam* Purified	each in equal parts or 4 ounces each.

These three ingredients are subjected to *Thonthippu* as per rules with (4) *patharasam* 12 ounces. Now it is brittle.

5. *Kodi pavalam* or *Narpavalam* 6. *Karpura silajit*	each 6 ounces are added.

These are ground with *cirunerunji* juice for 2 days, pills are made, enclosed in a pair of *agals*. *Seelaiman* is made and subjected to *putam* with 500 *varatties* as per rules.

2. Next it may be rubbed with *cirukeerai* juice and subjected to *putam* as before.
3. There after if necessary a third *putam* may also be applied grinding with both of the above juices.

Dose :

Anupanam and dose are the same as that of *Thiruvangam chunnam* No. 7

8. *Thirunaga Pavala Chunnam* No II (Special)
(S.R. Pharma)

1. Purified *Cirukan Nagam*	-	2 *palams*
2. Purified *Velvangam*	-	2 *palams*
3. Purified *Karunagam*	-	2 *palams*
4. Purified *patharasam*	-	6 *palams*

The above three *vangams* are melted in a *karandy* and *thonthippu* is made with *patharasam* as per rules. This brittle *thiruvangam* is placed in a *kalvam*. Purified *kodipavalam* 2 to 6 *palams* is added to it, powered nicely, ground together

with the juice of *cirunerunji samoolam* for one or two days. Pills are made, enclosed in a pair of *agals*, seven layers of clay cloth are made to the margin, dried and subjected to *putam* in a pit in an airtight compartment with about 600 *varatties*.

On being cooled next day it is taken out, weighed powdered ground with *cirukeerai* leaves juice for one or two days and putam is applied for a second time as before.

Next day it is taken out, examined for any metal particles and if there are no metal particles seen and if the colour and fineness are satisfactory, it may be powdered and taken for use.

If however there are metal particles, the above two *putams* finished *Thiruvangapavala parpam* may be powdered, raw *sangu* powder or *sangu parpam* 2 to 3 ounces may be added to it, fried under intense fire in a frying pan until all the particles of metal are nicely powdered and then rubbed in a *kalvam* with any one of the above juice or with both the juices. Pills are made, dried and subjected to a third *putam* as before. Now it must be a very fine *Thiruvanga pavala parpam*. If however it is yet unsatisfactory, it may be subjected to one *putam* by grinding with *keezhkai nelli samoolam* juice or *veliparuthi* leaf juice or *kuppaimeni* leaf juice.

Dosage uses, *anupanam* and diet are same as that of *Thiruvanga chunnam* No. 1

4. *Naga chunnam* Mixed – vide recipe furnished herewith

5 *Velvanga parpam*, *Naga parpam*, *Naga chunnam*

These medicines are given with *Thetran kottai legiyum* in morning and evening for 48 days. It cures all types of anorectal diseases.

6. *Thiruvanga parpam* (or) *chunnam* (S.R. Pharma receipe furnished above)

Dose – 65mg

It is given with butter in morning and evening. It cures all types of anorectal diseases.

7. *Amaiodu parpam* No.3 (vide chapter 28) Dose – 65 mg.

   It is given with butter for morning and evening. It cures all anorectal disease.

8. *Suyamakkini Kumari chendooram* : (Special) Dose – 65 mg

   This is a traditional process, very useful for internal piles.

   It is given with 30 ml of gingelly oil and butter in morning for 3 days. In diet avoid sour taste. It cures all types of *moola* diseases.

9. *Suayamagni Kumari chendooram* (Traditional) (S.R. Pharma)

Purified *Usikantham* or (*Kantha chendooram*)	- 1 ¼ oz
Purified *Ayampodi* (or) *Aya chendooram*	- 1¼ oz
Purified *Jathilingam*	- 1¼ oz
Purified *Ghendagam*	- 1¼ oz
Purified *Vengaram*	- 1¼ oz

These five ingredients are taken in equal parts, powdered and mixed together, as per rules. Rubbed with *shothukathalai* pulp juice for 2 days. *Villai* is made thin and broad in a bronze plate (or) *urati* kept exposed to hot sun for 1 or 2 days in summer.

It is again rubbed with the same juice, *villai* is made and kept exposed to the sun as before for 1 or 2 days.

The same process of rubbing with the above juice and exposing to the sun may be repeated 3 more times and then powdered and bottled up.

Dose

2 or 4 grains be given with *Thirikadugu chooranam* or *Panchadeepagni chooranam* and honey (or) other suitable

(*legiyam* or other *anupanam* twice a day for 1 to 2 weeks *inji* juice honey and *karkandu* may also be used as *anupanam*.

Indications

Ashta gunmam, soolai noi, paandu, sobai, kamalai peruvayiru, vanthi, buboes, viranams, haemorrhoids, and skin diseases are cured.

Diet – Depending upon the nature of the diseases tamarind free diet may be taken.

10. Ellupodi (Internal) and Medical ring (External) are very effective in internal piles, external piles and chronic dysentery.

Medical ring for Piles:

Thirikadugu, Alphina galanga, Piper longum, syzygium aromaticum, Myristica fragrans, *samuthira pazham* each 35 gm. are taken and powdered and filtered. Then sesamum Indicum 1.3 lit. is powdered and mixed with the above powder.

It is given 2-3 gm in morning and evening for 48 days.

Diet

Sesbania grandiflora, Benincasa hispida and Momordica charantia are avoided.

11. Preparation of Medical ring

Miruthar singi (galena sulphide of lead) is taken adequately, and is melted to give Eyam. In this add equal amount of *velleeyam* (stannum) and melted. Then prepare medical ring in the size of left ring finger. Wear this ring for 48 days. It cures piles. This ring is very useful and this author has tried it with success.

12. Surgical treatment for piles

Take *Gowri padanam* 17.5 gm is put within the *Narivengayam* (Scilla indica) are covered with two layers of mud cloth and subjected to *laghu putam*. Then add equal

quantity of *Poongavi* is ground for 6 hrs mixed with water. It is applied in anus with one cotton cloth. Next day change the cloth. Two or three days repeat the same treatment. Then the wheat powder mixed with curd is applied in anus. Now the external pile mass is separated. Then the ulcer is cured with *arugan thailam*, *pungan thailam*, *kungilia kalimbu*, *Thuvar kalimbu*, *thuvar ennei* apply any of these.

When the *padanam* medicines are applied in anus it gives burning bring sensation, tenesmus and pain in anus. So nowadays physicians use any local anesthetics initially. Then the *padanam* medicines are applied. The pile mass become as dry gangrene by the application of poisonous medicine.

2. Another Preparation

Silver nitrate grind with, Ammania baccifera (*Theeppoodu*) juice is applied in anal region. Then wheat powder mixed with curd is applied in anal region; the external pile mass will be expelled out. Any ulcers in this region will be treated with suitable ointments.

13. Diet restriction for *moola noi* (anorectal diseases)

(vide Sikicha Rathinadeepam page 318 and Pathartha Guna Cinthaamani)

Marul (Sansevieria roxburghiana). *saradai* (Trianthema portulacastrum), *karunai* (Amorphophallus campanulatus), Cissus quadrangularis, *kattu karunai* (Tacca pinnatifida), *karakarunai* (Amorphophallus paenoiifolius), *pulenaralai*, *merugan kizhangu* (Alocasia indica), Enicostemma axillare, Plumbago zeylanica are useful in *moola* diseases.

14. *Mirudara Singi Parpam*

Mirudhar Singi (Galena sulphide of lead) and *Padigaram* (Alumen alum) grind with Acalypha indica juice are put in a *agal* pot and covered with another is subjected to *pudam* with 40 cow dung cakes. It is given 65 – 130 mg with butter in morning and evening.

15. ***Athepala Manapagu***

It is given in morning and evening for constipation, burning sensation and tenesmus.

16. ***Moolakudara nei*** (*Kadukaipinju nei* – vide page 143 Gunapadam part I)

It may be given in sufficient amount in night for constipation, dysentery and tenesmus.

17. ***Alarchi Ennei*** **preparation**

Juice of Raphanus sativus	each 1.32 lt.
Juice of Solanum nigrum	
Juice of Aloe barbadensis	
Juice of Calotropis gigantea	
Juice of Centella asiatica	
Juice of Amaranthus tricolor and Castor oil	

These ingredients are bottled to prepare oil form (in *mezhugu patham*). It is given 12-16 ml twice a day. It is effective in constipation, burning sensation and tenesmus.

Moolarohga Harangal (Single drugs)

Saranai leaves (Trianthema portulacastrum), Cissus quadrangularis, Terminalia chebula, Terminalia bellerica, Phyllanthus emblica, Allium sativum, Croton tigilium, Plumbago indica, operculina turpethum, Tacca pinatifida, Eclipta prostrata, Momordica charantia, Amorphophallus paeonifolius, Sanseviera roxburghiana, Zingiber officinale Piper nigrum, Piper longum, Potassium Carbonate impura, Sphaeranthus indicus, Mercury, Ammonium chloride, useful for treating heamorrhoids Surgery.

Another – ***Ratha moola haram***

Acalypha indica, Zinc, Luffa acutangula, Wrightia tinctoria, Pavetta indica, Sodium bicarbonate, Nelumbo nucifera, Cassia

fistula, Sodium chloride impura, Achyranthus aspera cow's butter and peacock feather are *ratha moola harams*.

18. *Kudineer* for internal piles

Indigofera tinctoria, Achyranthes aspera, Evolvulus alsinoides, Azima tetracatha – Take these ingredients in equal quantity. Add 8 times of water and boil them to reduce to $1/8^{th}$. It is given (60 ml) twice a day for internal piles.

19. *Chooranam* for piles

Aloe barbadensis, Cyperus rotundus, Zingiber officinale, Amorphophallus paneonifolium, Plumbago indica, Sansevieria roxburghiana, Terminalia chebula, Cissus quadrangularis, Cassia pulenaralai, Tacca pinnatifida – take all these drugs in equal quantity and powder them. The *chooranams* are boiled as *pittaviyal* method. It is given twice a day with milk. It cures all types of piles.

20. *Moola Noi Nivarani legiyam* :

1.	Juice of Cocus nucifera (flower)	-	350 ml
	Peel of Punica granatum	-	35 gm
	Sansevieria roxburghiana	-	35 gm
	Tacca pinnatifida	-	35 gm
	Amorphophallus paeonifolium	-	35 gm
2.	Elettaria Cardomomum	-	4.2 gm
	Cinnamomum verum	-	4.2 gm
	Myristica fragrans	-	4.2 gm
3.	Piper nigrum	-	7.5 gm
	Glycyrrhiya glabra	-	17.5 gm
	Costus speciosus	-	17.5 gm
	Acorus calamus	-	17.5 gm
	Cassia auriculata	-	17.5 gm
	Tamarindus indicus peel	-	17.5 gm

The drugs in No. 1 are ground with the juice of Cocus nucifera and the No. 2 drugs are ground with cow's milk. No. 3 drugs are powdered. These drugs are put in an iron vessel and then add 700 ml of cow's milk and sugar – 250 gm are boiled then prepare *legiyam* form. In last stage of preparation add some amount of ghee then honey and mix it.

Dose

6 gm for morning and evening in 7 days. Curable diseases – bleeding piles, anal abscess, tenesmus, *moolakirani*.

21. *Karunai legiyam* (Another preparation)

Karunai legiyam in Siddha vaithiya thirattu is very good Medicine. It is given 5 gm for morning and evening times in 10 days. It is very effective in internal piles, external piles, bleeding piles and tenesmus.

22. Bleeding piles (traditional process)

Asafoetida in (2gr) *samai* rice is very effective for bleeding piles.

23. *Pachilai karkam* for internal piles (Manuscript)

Leaves of Acalypha indica. *Thaivellai* leaves, Piper nigrum, Syzygium aromaticum are ground with butter (or) add the above ingredients with the leaves of Vitex negundo, and Centella asiatica and grind. It is given 5 gm in early morning. No diet restriction.

24. Another preparation

Leaves of Centella asiatica are boiled with milk; dried and powdered. It is given in three finger dose for morning and evening with rice *kudineer*.

25. Another preparation for External piles

Take tender leaves of Azadriacta indica, Vitex negundo, Tamarindus indica, Alpinia galanga and Curcuma longa and ground. It is given 5gm in early morning.

26. Another preparation for all piles

Take the tuber of Amorphophallurs paeonifollius and Alocasia indica and ground. Take these medicine of 5 gm, put in a *peyan* banana. Then apply Acalypha indica juice externally. It is very effective in all piles.

27. Another preparation for all types of piles

Tuber of Curculigo orchioides is powdered and dipped in *navalpattai ooral kudineer;* then filtered water is given with the *chooranam* in three finger dose. It is given in morning and evening (twice a day).

28. Another *chooranam* (or) *Kadukai chooranam*

Terminalia chebula – 175gm

Piper nigrum, Piper longum, *Thippili moolam*, each 105 gm root bark of Plumbago indica – 1 45 gm Zingiber officinale – 175 gm.

Semicarpurs anacardium	-	280 gm
Tacca pinnatifida	-	280 gm

Take these drugs are powdered add sugar candy. It is given in morning and evening in butter milk.

This medicine is given for 48 days. It cures internal and external piles.

29. *Pugai* for *moolamulai* (Page No 257 Vaithiya chindamani)

Styrax benzoin, Shorea robusta, Acacia sinuata are taken each 17.5 gm and add hair then add water are boiled and then powdered. This *chooranam* is burnt and applied in anal region. This treatment is taken two times in morning and evening for 3 days. It cures rectal prolapse and tenesmus.

30. *Vathu Neer* and Medicine in *moolamulai*

Take bark of Ficus bengalleansis, Ficus religiosa, Ficus racemosa each 350 gm pulverized and boiled adding water. This

hot water is applied externally in anal region. This treatment is applied morning and evening for 12 days. Take Sphaeranthus amaranthoides and Evolvulus alsinoides in equal amount. It is given 5 gm morning and evening.

31. *Pugai* in *Moolamulai* (Another preparation)

Take the leaf juice of Tarmarindus indica, Abutilon indicum, Mukia scabrella each 350 ml then add white arsenic – 4.1 gm are boiled. This boiling water is applied in hot brick. This vapour is applied around the anal region for 2-3 days. Any anal ulceration will be cured.

32. *Pugai kattal* (Another preparation)

Take the seeds of Luffa acutangula are burnt. This *pugai* is applied in anal region. It is very effective for external piles, internal piles, maggots and ulceration.

33. *Moolamulai thailam*

Take seeds of Butea frondosa. It is powdered add *veeram* – 13 gm and fel 4mg Bovinum purifalum 4 gm are ground with yellow yolk. This *mezhugu* is prepared as 130 gm pills and dried in shadow. Then these pills are put in a mud pot to prepare *thailam* is applied in anal region for 3 days at night.

Some of the Siddha research preparations for haemorrhoides are given below

1. Pills cure No. IV (iron Tamarind seeds burnt UP – ASH)

Tamarind seeds 4 lbs fried little by little in a frying pan, red hot and kept exposed to the wind. It becomes ash – on cooling and is powdered and bottled up.

Dosage : 5 to 15 grains be given with curd or fruit juice or Ilaneer two or three times a day.

Usage : Piles of all kinds and prolapsed rectum are cured miraculously.

N.B. : Ordinary wooden corks may be burnt into char and used as above with curd in cases of bleeding piles. (This is Piles cure no.3)

2. Haemorrhoids or Piles cure No. 1 (special) (S.R. pharma)

1. *Naga parpam* (or) Naga *parpam* no II 4 grams
2. *Thiruvanga Chunnam* No II 4 drams
3. *Karpura silajithu parpam* No. 1 ounce
4. P.S.M.M. *parpam* No 1 ounce (28 ml)
5. *Amaiodu parpam* No : 3½ ounce

All these ingredients are well and mixed and bottled up.

Dose

2 to 5 grains may be taken well and mixed, with cow's butter curd or honey or with cow's milk twice a day before food for about a fortnight.

Note

Plenty of fruits, curd, milk, butter, ghee and good vegetables may be used freely in diet; pungents should be avoided.

Indications

Haemorrhoids, dysentery, colitis and gonorrhoea etc; are cured.

3. Moola Noi : 1 : Nivarani or Haemorrhoids
(Piles cure No – 11 (S.R. Pharma)

1. *Naga parpam* No : I
2. *Amaiodu parpam* No.III
3. *Nathai parpam*
4. *Silajithu parpam* P.S.M.M. *Parpam*

} of each equal parts.

These are well mixed and bottled up.

Dose

5 to 10 grains may be given twice a day with cow's butter (or) ghee or honey (or) *Karunai legiyam* or other suitable anupanams.

Indications

Bleeding piles, fistula, fissure anus, dysentery, colitis, sprue and tenesmus or *asana kaduppu* are cured.

N.B.

It acts very well when Tamarind seeds burnt up ash (piles's) cure No. 4 or Wooden cork burnt up ash – piles is cure No – 3) about 5-10 grains are added to the above and given with curd twice a day very efficacious in bleeding and painful piles.

4. Haemorrhoids (piles) — Cure No. 3 (special) — (S.R. Pharma)

1. Wooden corks burnt up char one part on 2 ounces.
2. *Naga parpam* compound ½ part (or *naga chunnam* compound or piles cure No:1)

These are mixed well and bottled up.

Dose

10-20 grains may be mixed with curd and taken twice a day.

Indications

All kinds of piles including bleeding haemorhoids are cured miraculously.

Note

Plain wooden cork burnt up char ¼ to ½ teaspoonful dose cured a large number of worst cases of bleeding piles when given with curd twice a day.

Diet

Pungent should be avoided in the diet curd rice and onion in day time and milk, sugar and plantains are advisable, at night.

5. Piles, fistula – in an remedy in *pakantharam nivarani*
(S.R. Pharma)

1. *Thuthanaga parpam* - 1part (or) 2 drams
2. *Chirukan naga parpam* No. 1 - 1 part (or) 2 drams
3. *Amaiodu parpam* No. 3 - 1 part (or) 3 drams
4. K.A.R. *Chendooram* (or) Iyaveeram No 1 - 1 part (or) 2 drams
5. *Silajithu parpam* - 2 part (or) 4 drams

mixed well and bottled up.

Dose :

1 to 2 pinches B.D. with *chyavanaprash legiyam*.

Indications

Piles and fistula are cured.

6. *Sivathai Chooranam* compound
(As an health laxative) (S.R. Pharm)

1. *Karumshivathaiver – chooranam* (already purified) at first drying and then powdering) – 28 P.W.
2. *Kadukkai* - Terminalia chebula
3. *Thandrikkai* - Terminalia bellerica
4. *Kothamallee* - Coriandrum sativum
5. *Jathikkai* - Myristica fragrans
6. *Vai-Vidangam* - Embelia ribes
7. *Chukku* - (dried ginger) Zingiber officinale
8. *Milagu* - Piper nigrum
9. *Lavangam* - Syzygium aromaticum

(items 2–9: one p.w. each)

10. White sugar equal to the above weight to p.w.

All are mixed together and bottled up.

Dose

Thirikadi dose or about ½ teaspoonful be taken with hot water once or twice a day.

Indications

Vatham 80, *pitham* 40, *moolavayu*, *kulaivayu* (dyspepsia) and constipation etc are relieved.

7. Piles cure No.5 (S.R. Pharma)

1. Piles cure No. 3	...	2oz
2. Piles cure No. 4	...	2oz
3. Double *naga parpam*	...	½ oz

Mix well and bottle up.

Dose :

2 to 4 pinches b.d. with butter or curd.

Indications

Bleeding piles, inflammed piles, fissures and anus fistula are cured. Prolapsed rectum is well responded to.

8. Double *Naga Parpam* (S.R. Pharma)

Purified *cirukann nagam*	t b 1	...	8 - 0
Purified *Thuthanagam*	t b 0	...	9 - 4
Purified *patharasam*	t b 1	...	8 - 0

Thonthippu is done as per rules by melting the two *nagams* together and pouring it with *patharasam*.

Now it becomes brittle added *perungkayam* rubbed with Daemia leaves juice for two days made into thin *villai* in an iron vessel, dried well, fried under heavy fire until the smoke ceases and *nagam* becomes brittle and then it is powdered finely.

Next this powder is rubbed with *veliparuti* leaf juice again for 2 days, *villai* is made and subjected to heavy putam in a pair of *agals* as per rules. It becomes a fine *parpam.*

Dose :

1 to 2 *kundri* weight may be given twice a day with suitable *anupanas*.

Indications

Same as for *Naga parpam* No.1 very effective in inflammed piles, fistula, *grahani* and dysentery, etc. and prolapsed rectum is also responded to.

WEIGHTS AND MEASURES

Weights

1. One Balck gram is approximately equivalent to 1 grain weight (65 mg)

4 *Yavam*	=	1 *Kundri* (2 grain; 130 mg)
1 *Manjadi*	=	4 grains (260 mg)
6 *kundri*	=	1 *maasham* (780 mg)
3 ¾ *kundri*		1 *panavedai* (488 mg)
32 *kundri*	=	1 *varagan* (4.2 gm) (1 Dram)
40 *kundri*	=	1 *Kazhanju* (5.1 gm.)
10 *varagan*	=	1 *palam* (35 gm)
¼ *palam*	=	1 *kahsu* or 1 kaisa (10.2 gm.)
1 *thola*	=	1 rupee silver coin weight (180 grain; 12 gm)
1 ounce	=	30 gm
3 tola	=	1 palam (35 gm)
8 palam	=	1 Cer (280 gm)
40 palam	=	1 veesai (1.4 kg) (3 pound and 2 ounce)
50 palam	=	1 thookku (1.7 kg)
2 thookku	=	1 thulaam (3.5 kg.)

Measures

360 Nell (paddy)	=	1 Sodu (34 ml.)
5 Sodu	=	1 Aazhakku (168 ml.)
2 Aazhakku	=	1 Uzhakku (336 ml.)
2 Uzhakku	=	1 Uri (672 ml.)
2 Uri	=	1 nazhi (1.3 litre)
8 nazhi	=	1 kuruni (5.3 litre)
2 kuruni	=	1 padhaku (10.7 litre)
3 kuruni	=	1 mukkuruni (16.1 litre)
2 padak	=	1 thooni (21.5 litre)
3 thooni	=	1 kalam (64.5 litre)
1 tablespoonful	=	1 dram (4 ml.)
1 bottle	=	24 oz (700 ml.)

Measures (Others)

Theertha karandi	=	1.33 ml. (spoon used to distribute Tulsi water in temple)
Neikarandi (1 Dram)	=	4 ml. (spoon used for measuring ghee)
Table spoonful	=	16 ml.
Palaadai (1 ounze)	=	30 ml. (Special spoon used to feed a child)
Oil spoon (8 ounze)	=	240 ml.
5 Cer	=	1 sombu.

Some ancient weights (not commonly used now-a-days):

Anu (Atom)	=	1 thilam (0.003 gm.)
2 thilam	=	1 kagini (0.006 gm.)
4 kagini	=	1 virigi (0.024 gm) (Nell)
2 *virigi*	=	1 *vithalam* (1/2 kuntri – 0.048 gm.)
4 *virigi*	=	1 *kunjum* (1 kuntri – 0.096 gm.)
2 *kundri*	=	1 *maasham* (ulunthu)
4 *kunjam*	=	1 *panaedai*
5 *maasham*	=	1 *thanagam*
3 *thanagam*	=	1 *saanam*
4 *saanam*	=	1 *nitkam*
2 *saanam*	=	1 *vadagam (mukkazhanju)*
1/10 *palam*	=	12 *pana edai*
2 *uri*	=	1 *naazhi*
2 *kundri*	=	½ *pana edai*
6 *kundri*	=	1 *maasham*
12 *maasham*	=	1 *thola*
8 *thola*	=	1 *palam* (16 varaganedai)
32 *palam*	=	1 *subam*
2 *subam*	=	1 *paaram (kalam)*

இந்திய மருத்துவம் ஓமியோபதித் துறை நூலகங்களில் விற்பனையாகும் நூல்களின் விலை விவரப்பட்டியல்

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மேற்குறிப்பிடப்பட்ட நூல்களை நேரிலோ அல்லது பதிவுத் தபாலிலோ பெற்றுக் கொள்ளலாம். பதிவுத் தபாலில் புத்தகங்கள் வேண்டுவோர் புத்தகங்களின் விலையோடு தபால் கட்டணத்தையும் சேர்த்து பண விடை (எம்.ஓ.) அல்லது டி.டி. மூலம் அனுப்ப வேண்டும். வி.பி.பி.யில் அனுப்ப இயலாது. 2 கிலோவுக்கு மேல் எடையுள்ள புத்தகங்கள் தபாலில் அனுப்ப இயலாது. தபால் கட்டணங்கள் மாறுதலுக்குட்பட்டவை.

தபால் கட்டணம்

முதல் 500 கிராமுக்குள்	- ரூ. 36.00
500 கிராமுக்கு மேல் ஒவ்வொரு 50 கிராமுக்கும்	- ரூ. 16.00

பணம் அனுப்ப வேண்டிய முகவரி

1. இயக்குநர்
   இந்திய மருத்துவம் மற்றும் ஓமியோபதித்துறை
   அரும்பாக்கம், சென்னை - 600 106.
   தொலைபேசி : 044 - 2614 3500 / 2621 6244 / 2628 1563

2. முதல்வர்
   அரசினர் சித்த மருத்துவக் கல்லூரி
   பாளையங்கோட்டை
   திருநெல்வேலி - 627 002.
   தொலைபேசி : 0462 - 2572736 / 2572737 / 2572738